DALLAS COUNTY
Home Demonstration
COOK BOOK

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SELMA, ALABAMA

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By

Council Committee

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Table of Contents

Definitions, Tables and Rules 5
Calory Table 6
Beverages 8
Fruits 11
Cereals 14
Hors d'Oeuvres 15
Appetizers 18
Soups 19
Vegetables 23
Eggs 29
Cheese Dishes 32
Meats 36
Sauces for Fish, Meats and Vegetables 54
Salads 57
Salad Dressings 66
Yeast Breads 69
Breads, Rolls, Muffins, etc. 74
Cakes 81
Cookies 106
Cake Fillings and Frostings 123
Pies 131
Sauces for Puddings 143
Ices, Ice Creams 145
Pickles and Relishes 149
Sandwiches 158
Confections 161
Miscellaneous 169

Preface

THIS little book is dedicated to our beloved Home Demonstration Agent, Mrs. Annette Smyth Breeden, who gives us liberally of her time, talent, and inspiration.

In offering these recipes to the public, we give unreservedly, the choicest and best recipes of the women of the Dallas County Home Demonstration Clubs.

We do not claim originality for all the recipes. Many of our friends will recognize their own contributions, but we can conscientiously recommend them, their merits having been thoroughly tested.

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Definitions, Tables and Rules

Rules for Measuring:

All measurements are level; use a case knife or spatula in leveling.

Use a standard teaspoon, tablespoon, and measuring cup. In using a measuring cup note whether the cupful mark is at the top of the cup or slightly below it.

Always sift dry ingredients such as flour, powdered sugar, etc., before measuring.

When the recipe calls for dry ingredients, liquids, and fats, measure the dry ingredients, then the liquids, and then the fats, using only one cup.

Measure dry ingredients into a cup with a spoon, leveling the top with a knife or spatula.

To measure solid fat, pack solidly into a measuring cup and level off. When butter or butter substitute is bought in a pound brick, the brick may be sliced to save time in measuring the fat. One-fourth of the brick equals ½ cup, one-half of the brick equals 1 cup.

For one-half spoonful, divide spoonful lengthwise.

For one-quarter spoonful, divide lengthwise and crosswise.

For one-eighth spoonful, divide the quarter diagonally.

Table of Abbreviations

tbsp. = tablespoon
tsp. = teaspoon
c. = cup
qt. = quart
lb. = pound
oz. = ounce
pt. = pint

Table of Measure

3 teaspoonfuls = 1 tablespoonful
16 tablesoonfuls (dry) = 1 cupful
12 tablespoonfuls (wet) = 1 cupful
8 ounces = 1 cupful
4 cupfuls = 1 quart

Table Comparing Weights and Measurements:

2 cupfuls of butter (packed solidly)
2 cupfuls of chopped meat (packed solidly)
2 cupfuls of granulated sugar
2⅔ cupfuls of powdered sugar
2⅔ cupfuls of brown sugar
2⅔ cupfuls of oatmeal
4¾ cupfuls of rolled oats
4 cupfuls of flour
8 or 10 eggs
= 1 pound

2 tablespoonfuls of butter
4 tablespoonfuls of flour
2 tablespoonfuls of cocoa
1 square of chocolate
= 1 ounce

AVERAGE WEIGHTS OF MEN ACCORDING TO AGE AND HEIGHT

The following table is based on a study of about 200,000 insured men. The average weights for women are a few pounds less.

HEIGHT (With shoes on)		WEIGHT IN POUNDS ACCORDING TO AGE (As ordinarily dressed)								
Feet	Inches	15 to 19	20 to 24	25 to 29	30 to 34	35 to 39	40 to 44	45 to 49	50 to 54	55 to 59
5	0	113	119	124	127	129	132	134	135	136
5	1	115	121	126	129	131	134	136	137	138
5	2	118	124	128	131	133	136	138	139	140
5	3	121	127	131	134	136	139	141	142	143
5	4	124	131	134	137	140	142	144	145	146
5	5	128	135	138	141	144	146	148	149	150
5	6	132	139	142	145	148	150	152	153	154
5	7	136	142	146	149	152	154	156	157	158
5	8	140	146	150	154	157	159	161	162	163
5	9	144	150	154	158	162	164	166	167	168
5	10	148	154	158	163	167	169	171	172	173
5	11	153	158	163	168	172	175	177	178	179
6	0	158	163	169	174	178	181	183	184	185
6	1	163	168	175	180	184	187	190	191	192
6	2	168	173	181	186	191	194	197	198	199

CALORY TABLE

(Selected from "Feeding the Family"—Mary Swartz Rose, and from Bulletin 28, U. S. Department of Agriculture.)

Select 600 out of 3000 calories daily from fruits and vegetables. The following table is for convenience in planning menus. The number of calories for ordinary servings rather than the usual 100-calory portion is given.

Serving	**C.**	**Serving**	**C.**
Asparagus (5 tips)	25	Squash (2 heaping tbs.)	70
Celery (1 cup, chopped)	15	Spinach (2 heaping tbs.)	60
Cauliflower (4 heaping tbs.)	20	Turnip (2 heaping tbs.)	15
Cabbage (1 cup, shredded)	20	Tomatoes (med.), uncooked	40
Carrots (1 medium)	100	Tomatoes (stewed), ½ cup	25
Corn (1 medium ear)	100	Tomatoes (1 cup cream soup)	125
Brussels sprouts (four)	50	Bananas (average size)	125
Beets (2 heaping tbs.)	30	Blackberries (3 heaping tbs.)	60
Beans (string), ½ cup	25	Cantaloupe (½ melon)	90
Beans (limas, fresh, 2 tbs.)	100	Grapefruit (½ large)	140
Eggplant (¼ medium)	50	Grapes (1 large bunch)	110
Lemons (1 large)	30	Blueberries (4 heaping tbs.)	80
Lettuce (½ head)	25	Orange (average)	100
Onions (½ medium)	25	Peach (average)	45
Parsnips (medium)	75	Pear (average)	90
Potato (med. white, baked)	100	Pineapple (2 slices)	45
Potato (med. sweet, baked)	150	Plum (average)	25
Peas (green), ½ cup	75	Strawberries (4 heaping tbs.)	40
Peas (field), ½ cup	100	Watermelon (large slice)	40
Strawberries (1 cup)	35	Marmalade (orange), 1 tbs.	100

Serving	**C.**	**Serving**	**C.**
Butter, 1 tbs.	100	Corn Muffins (1 medium)	125
Milk (whole, 1 glass)	170	Molasses (1½ tbs.)	100
Egg (1 medium)	75	Sugar (2 tbs.)	100
Cheese (1 1/8 in. cube)	100	Cream (thin, ¼ cup)	100
Bread (2 ½ in. slices, white)	100	Wesson Oil (1 tbs.)	100

Methods of Cooking:

Broiling—cooking over live coals or over direct heat.

Boiling—cooking in boiling water.

Stewing—cooking in water below the boiling point. Very little water is used.

Steaming—cooking over steam.

Baking—cooking by dry heat in an oven. (This is called roasting when applied to meat.)

Frying—cooking in enough hot fat to cover the food.

Sauteing—cooking in pan with very little fat.

Oven Tests:

The best means of testing oven temperature is by the use of an oven thermometer. When such a thermometer is not available use heavy white paper such as is used for letter paper. Place the piece of paper on the grate in the center of the oven. The time necessary to color the paper a golden brown indicates the temperature of the oven. A hot oven is an oven in which the paper browns in 3 minutes. A slow oven is one in which the paper browns in 5 minutes.

Flour sprinkled in a pan may be used in the same way as paper in testing the heat of the oven. When the flour browns in 3 minutes the oven is "hot" and when the flour browns in 5 minutes the oven is "slow". The browned flour may then be kept in a jar for use in making gravies, etc.

The following table indicates how the paper test may be used in determining whether the oven temperature is right for starting various cooked foods.

Time Required To Brown The Paper	**Oven Temperature Indicated**	**Uses**
2 minutes	very hot	popovers, pastry.
3 minutes	hot	biscuits, muffins, small or layer butter cakes.
4 minutes	moderate	bread, loaf butter cake.
5 minutes	slow	small or layer sponge cake, meringue
6 minutes	very slow	loaf sponge cake.

Beverages

Water forms the basis of all beverages. Tea and coffee have no food value except that given by the addition of cream and sugar. They have a stimulating effect on the nervous system and often relieve fatigue. The stimulating property in both is due to caffeine. Tannin is also found in both and gives a disagreeable flavor when they are improperly made. Avoid using too much or too strong tea or coffee. Never give tea or coffee to children.

Cocoa and chocolate have some food value due to the starch present, but their principal value is due to the milk added. These also are stimulating.

Avocado Cocktail

Chill, peel and dice avocado of the quantity needed. Add any cocktail sauce generously, let stand one hour in refrigerator to season well. Serve in cocktail glasses.

Diced tomatoes, beets or grated carrots may be used and blend well. The beets are cooked and chilled, or may be shredded and used raw; the other vegetables are raw.

General Directions:

Keep tea and coffee in closely covered receptacles to prevent loss of flavor.

Buy coffee in the bean and grind at the time of using.

Scald tea and coffee pots before using.

Never use a tin coffee or tea pot.

Use freshly boiling water for tea and coffee.

In making coffee, use fresh coffee and absolutely clean pot.

Never boil tea.

Serve cream or hot milk with coffee.

If lemon is used with tea, wash, cut in thin slices and remove seeds as those give a bitter flavor.

In making cocoa and chocolate, mix cocoa or chocolate with water and thoroughly cook before adding milk.

Never boil the cocoa after the milk is added.

Tea

2 tsp. tea	2 c. boiling water

Put the tea in a scalded pot and pour the boiling water over it. Steep three to five minutes. Strain and serve either hot or cold.

Russian Tea

Follow recipe for Tea, above, and serve hot with lemon and sugar.

Iced Tea

Follow recipe for Tea, above. Strain into glass one-third full of cracked ice. Serve with sugar and slices of lemon. Crushed mint leaves may be added to each glass for variety.

Boiled Coffee

4 tbsp. coffee	1 tbsp. cold water
2 tbsp. cold water	2 c. boiling water

Mix the coffee with 2 tbsp. cold water, add the boiling water and boil three minutes. Remove to back of stove, add another tbsp. of cold water and settle five minutes. Crushed egg shells may be mixed with coffee to help clear it.

Filtered Coffee

3 tbsp. coffee (finely ground)
2 c. boiling water

Put the coffee into the upper part of the filter coffee pot and pour the boiling water slowly through it. If desired stronger, refilter.

Fruit Punch

2 oz. citric acid
3 lbs. sugar
6 oranges (unpeeled)
3 pts. boiling water

Grate oranges, add acid and sugar dissolved in water. Let stand several hours in earthen vessel. Strain into glass jars or bottles. It will keep for sometime. When ready to use add 3 parts of plain or carbonated water to one of fruit syrup. Ginger ale, cherries, sliced oranges, lemons or pineapple may be added, but it is very delicious without these additions.—Mrs. J. D. Giles.

Blackberry Nectar

Crush 1 gal. berries, pour over this 1 qt. boiling water, let stand 6 hrs. Strain and to every qt. of juice add 1 oz. tartaric acid and 3 lbs. sugar. Stir until dissolved, then bottle.

Cranberry Cocktail

1 pt. cranberries
⅓ c. sugar
2 c. water

Cook cranberries in water until very soft, strain through cheese cloth and sweeten with sugar. Chill thoroughly and serve in small glasses.—Sarah Campbell.

Ginger Ice

1 pt. boiling water
½ tsp. ginger
1 c. sugar
1 lemon

Boil water and ginger for about 20 mins., strain and add sugar and lemon. Serve with crushed ice.

Tea Punch

1 c. strong tea
1 sliced lemon
1 c. stoned cherries
1 qt. water or carbonated water
½ c. maraschino cordial
1 c sugar
1 c. slightly crushed raspberries or strawberries
Cracked ice

Pour the tea (hot) over the sugar, then when cold add the fruit, water, cordial and ice. Chill thoroughly before serving.

Cranberry Cocktail Grapefruit Cup

2 c. Cranberry Juice Cocktail
1 large or 2 small grapefruit

Peel grapefruit, separate segments and cut into small pieces. Place in glasses and fill with chilled Cranberry Juice Cocktail. Serve cold. This makes 6 portions.

Grape Juice

Remove stems from 6 qts. of grapes. Add 1 qt. of boiling water and place over fire and cook slowly until the pulp separates from the skins. Pour into a jelly bag and let drip without squeezing. Sweeten to taste, boil a few minutes and remove any scum, put into jars and seal while hot. When ready to serve, add water and sugar if necessary.

Tomato Juice (Canned)

(This recipe from Extension Service, Mass. State College, Amherst, Mass.)

Tomato juice or tomato pulp is especially recommended for use not only as a healthful drink but also as a basis for many delightful tomato dishes. It is easily prepared and large quantities of tomatoes can be utilized in this way. For home use it is recommended that the concentrated form of juice be made. One bushel of good tomatoes will yield about 20 pints of concentrated juice.

Procedure—Wash the tomatoes and trim off all greenish spots. Place them in a kettle. Crush a few to secure enough free juice to start the cooking. Cover the kettle and boil moderately until the tomatoes are soft. Allow to cool, without stirring, before pulping. Run the cooled tomatoes thru a fine sieve or fine colander. If a fruit jar is used to force the pulp through instead of stirring with a spoon, the time necessary for this operation will be reduced one half or more.

Measure the pulp and return to the kettle and boil rapidly without cover until the volume is reduced one half. To this concentrated pulp add 2 or 3 tbsps. of granulated sugar and 1 to 2 tsps. of salt. Stir to solution. Fill the hot pulp into clean dry pint jars, partially seal and process them in the water bath at boiling temperature for 20 mins. Remove the jars, complete the seal, and set them aside to cool before storing.

Lemonade

2 c. sugar
3 lemons
4 c. water

Dissolve the sugar and water over the fire. Add the juice of the lemons and the grated rind of one lemon. When cool, strain and place in the ice chest. At serving time, add one cup of ice water or chopped ice.

Fruit Punch

Using lemonade as a basis add the juice and pulp of one orange and one pineapple, that has been shredded. Strain through a coarse sieve before serving. For variety, berry juices and grape juices may be added. Add maraschino cherries for decoration as well as flavor. Tea is often used as a basis for fruit punch with the lemonade to give additional flavor.

Fruits

Fruits are largely water with some cellulose, sugar and valuable minerals and vitamins. They are a necessary part of our diet and should be included as frequently as possible.

General Directions:

In preparing fruit, use utensils that will not discolor it, such as agate, granite ware, wooden or silver spoons and knives. Wash all fruits carefully and avoid bruising.

Use moderate heat for cooking to preserve the shape, color, and natural flavor.

Add sugar to fruit toward the latter part of the cooking process, as the acid in the fruit converts the sugar and causes it to lose some of its sweetening power. Sugar cooked with fruit also tends to toughen the fibers. For this reason apples are often cooked in syrup to help preserve their shape. Apple compote is an example of this method.

A few grains of salt added to fruit brings out its flavor.

Dried fruit must be carefully washed in several waters to dislodge all dirt from the creases, and soaked for several hours to restore moisture.

Cranberry Sauce

Follow directions for Stewing Fresh Fruits, above, using 1 c. water, 1¼ c. sugar to 3 c. cranberries. Boil 10 minutes, strain and cool.

Stewing Dried Fruits:

Wash fruit thoroughly in several waters to remove all dirt from the creases. Soak for several hours—over night if possible—in sufficient cold water to fill out the skins to the natural outlines. Heat gradually in the water in which soaked. If sugar is needed, add it toward the end of the cooking process. If too much liquid is present when fruit is soft, remove fruit and cook liquid until a sufficient amount evaporates.

Stewed Prunes

Follow directions for Stewing Dried Fruits, above, using 2 tbsp. sugar to 1 lb. prunes. Many prunes are so rich in sugar that a little lemon juice improves the flavor—about 1 tbsp. to 1 lb. of prunes. A little cinnamon also gives additional flavor.

Cooking Fruits in Syrup:

Pare and core sound fruit. Make a syrup by boiling for five minutes equal parts of sugar and water. Add the fruit and cook gently until tender. Remove fruit and boil syrup until of the right consistency.

Apples in Syrup

Follow direction for Cooking Fruits in Syrup, above. A small amount of pink coloring may be added to the syrup before adding the fruit to color the apples a delicate pink. The cavity in the center of the apple may be filled with marshmallows cut in pieces, jelly, preserved fruits or nuts. These may be served with the meat course of a dinner or as a salad or a dessert. As a dessert they are usually topped with a sauce or whipped cream.

Pears, Peaches or Berries in Syrup

Follow directions for Cooking Fruits in Syrup, above. Pears, require longer cooking than apples.

Figs in Syrup

For 3 quarts of figs, use a syrup made from 1½ qts. of water and 1 qt. of sugar. Plunge figs in a solution of ½ c. soda and 3 qts. boiling water and allow to remain about 15 minutes or until water is cold enough to put hand in comfortably. Rinse figs twice in cold water. Drain and add to the boiling syrup. Cook until figs are clear and tender (about 2 hrs.).

Baking Fruit:

Wipe, and if necessary, pare and core the fruit. Place in an earthen or granite-ware baking dish, sprinkle with sugar and cover bottom of dish with boiling water. Bake in a hot oven until soft, basting every eight minutes with syrup in dish. Care must be taken that fruit does not lose its shape. Serve hot or cold, with or without sugar and cream.

Baked Apples

Follow directions for Baking Fruit, above. If apples are somewhat flat in taste, add a few gratings of nutmeg. The cavities in the center are often filled with jelly, preserved fruits or nuts.

Baked Pears

Follow directions for Baking Fruit, above, cutting the pears into quarters. Small pears may be baked whole. A longer time is required for cooking than is needed for apples.

Baked Quinces

Follow directions for Baking Fruit, above, cutting the quinces into quarters. Use ¾ c. of sugar to about 8 quinces, and cover with 1½ c. water. Quinces require a long time for cooking.

Baked Bananas

Follow directions for Baking Fruits, above, cutting the bananas lengthwise. Use 2 tbsp. butter, ⅓ c. sugar, 2 tbsp. lemon juice and 4 tbsp. water for baking six bananas.

Baked Peaches

Same as baked bananas, using ½ tsp. butter, 1 tsp. sugar, few drops of lemon juice for 6 peaches. Serve on circular pieces of buttered toast.

Orange

(1) Wipe orange and cut in halves crosswise. Place one-half on a fruit plate and serve with sugar if desired.

(2) Peel orange and divide into sections. Arrange sections on a fruit plate around a mound of sugar. If the orange has seeds, remove the seeds.

(3) Peel orange and slice crosswise. Remove any seeds and arrange in a glass dish or plate. Sprinkle with sugar if desired.

(4) Wipe orange, cut in halves crosswise and squeeze out juice. Strain and serve cold in a small glass.

No. 2 and No. 3 can apply to satsumas.

Grapefruit

(1) Wipe grapefruit, cut in halves crosswise and remove seeds with a sharp-pointed knife. Make a cut separating pulp from skin around the entire circumference. Then make cuts separating pulp from the tough membranes which divide fruit into sections, and remove tough portion in center with scissors. Sprinkle fruit pulp with sugar, if desired, and serve cold on a fruit plate. A cherry may be used for garnish.

(2) Peel grapefruit and remove pulp from each section. Serve pulp and juice very cold in a sherbet glass.

Bananas

Serve bananas whole or sliced. When sliced, prepare just before serving to prevent discoloration, and sprinkle with sugar and a little lemon juice, if desired.

Berries

(1) Pick over and cap berries, place in a colander, pour cold water over them, drain and turn into a dish. Serve with powdered sugar and cream.

(2) Pick over berries, place in a colander, pour cold water over them and drain thoroughly. Arrange berries on a fruit plate around a mound of sugar. Berries served in this way need not be capped.

Fruit Cocktail

Remove pulp from grapefruit and mix with pineapple cut in pieces or shredded, bananas sliced and the slices cut in quarters, and strawberries cut in halves. Use half as much pineapple and banana as grapefruit and about four berries for each serving. Sprinkle with ½ c. of sugar and a few grains of salt. Chill and serve in cocktail glasses. Candied cherries may be used for garnish.

Cereals

Grains or the seeds of grasses contain all the five foodstuffs in good proportion for body use. The outer coating contains valuable vitamins and minerals, and also adds bulk to the diet. Therefore, use the whole grain cereals as much as possible. Long slow cooking is necessary in the cooking of cereals, to soften the cellulose and to cook the starch thoroughly.

Cereal With Fruit

Oatmeal mush with apples.

Core apples, leaving large cavities, pare and cook until soft in syrup. Make by boiling sugar and water together, allowing 1 c. sugar to 1½ c. water. Fill cavities with oatmeal mush; serve with sugar and cream. Berries, sliced bananas, or sliced peaches are acceptably served with any breakfast food.

Fried Corn Meal Mush, or Fried Hominy

Pack corn meal mush or hominy in greased, one pound baking-powder boxes, or small bread pan, cool, and cover. Cut thin slices, and saute; cook slowly, if preferred crisp and dry. Where mushes are cooked to fry, use less water in steaming.

Boiled Rice

1 c. rice
2 qts. boiling water
1 tbsp. salt

French Chef

Pick over rice; add slowly to boiling, salted water, so as not to check boiling of water. Boil thirty minutes, or until soft, which may be determined by testing kernels. Old rice absorbs much more water than new rice, and takes longer for cooking. Drain in coarse strainer, and pour over one quart hot water; return to kettle in which it was cooked; cover, place on back of range, and let stand to dry off, when kernels are distinct. When stirring rice, always use a fork to avoid breaking kernels. Rice is more satisfactory when soaked over night in cold water to cover.

Steamed Rice

1 c. rice
1 tsp. salt
2¾ to 3¼ c. boiling water
(according to age of rice)

Put salt and water in top of double boiler, place on range, and add gradually well-washed rice, stirring with a fork to prevent adhering to boiler. Boil five minutes, cover, place over under part of double boiler, and steam forty-five minutes, or until kernels are soft; uncover, that steam may escape. When rice is steamed for a simple dessert, use one-half quantity of water given in recipe, and steam until rice has absorbed water; then add scalded milk for remaining liquid.

To wash rice. Put rice in a strainer, place strainer over bowl nearly full of cold water; rub rice between hands, lift strainer from bowl, and change water. Repeat process three or four times, until water is quite clear.

Rice With Cheese

Steam one cup rice, allowing one tbsp. salt; cover bottom of buttered pudding-dish with rice, dot over with three-fourths tbsp. butter, sprinkle with thin shavings mild cheese and a few grains of cayenne; repeat until rice and one-fourth lb. cheese are used. Add milk to half the depth of contents of dish, cover with buttered cracker crumbs, and bake until cheese melts.

Delicious Hors d'Oeuvres

Often, however, you want to serve something simple, delightfully good-to-eat, yet light, as a refreshment after an afternoon or evening party, or club meeting, or as a before-dinner or after-theatre snack. Tomato, clam, sauerkraut, and fruit juice cocktails, served as appetizing beginnings, need no introduction. But have you ever tried serving any one or a choice of these, along with novel tidbits in the form of hors d'oeuvres or canapes, as a refreshment or spread?

We often serve hors d'oeuvre spreads in the living room. And because our spreads usually take the place of the first course at luncheon, we either pass or let the guests help themselves to the vegetable or fruit juice cocktails ready in small glasses, and the assorted hors d'oeuvres and canapes, which are arranged on large plates or platters. Of course, the hors d'oeuvres and canapes are small—just a mouthful or two—and so they can easily be eaten with the fingers, requiring no silver or plates—only a small dainty napkin.

But if you are serving one of these hors d'oeuvre spreads after a party or club meeting or as a late evening snack, and your guests have plenty of time to visit and chat, why not stage a "spread-your-own," now and then? Rather than make and arrange the hors d'oeuvres and canapes on platters, prepare several savory spreads, using some of the delicious packaged spreading cheeses, potted cooked meats, relishes, etc. Heap these fillings in small bowls, one for each mixture, and group them all on a large tray placed on your tea wagon, tea table, dining room table, or buffet. On this same tray also arrange plenty of individual bread and butter knives, ready for the guests to use in spreading their own. Near-by the tray of fillings, group plates of assorted, crisp, unsweetened crackers, potato chips, and bread sticks. You may even call your toaster or sandwich toaster into service, so that guests can take their turn preparing pieces of hot toast for "spread-your-owns". As for the beverages to be served with these "spread-your-owns," why not have a choice: hot coffee, cocoa, and one or more of the vegetable or fruit juice cocktails?

Canapes Lorenzo

Toast slices of bread cut in shape of horseshoes. Cream two tbsp. butter, and add one tsp. white of egg. Spread slices of bread, rounding with Crab Mixture, cover with creamed butter, sprinkle with cheese, and brown in the oven. Serve on a napkin, ends toward center of dish, and garnish with parsley.

Crab Mixture. Finely chop crab meat, season with salt, cayenne and a few drops of lemon juice, then moisten with thick white sauce. Lobster meat may be used in place of crab meat.

Celery and Crabmeat Sticks

1 6-oz. can crabmeat
1 tbs. lemon juice
2 tbsp. mayonnaise
1 tbsp. French dressing
Crisp celery stalks, 2½-3" long

Remove the tendons from the crabmeat and flake it. Add the lemon juice, mayonnaise, and French dressing. (French dressing may be omitted and 3 tbsp. mayonnaise used instead, if preferred.) Use as a filling for the crisp celery stalks or as a spread on crackers or crisp, toasted bread.

Potato Chip "Snappies"

1 4 oz. pkg. spreading Roquefort cheese
1 tsp. minced onion
1 2-oz. pkg. potato chips

Combine the Roquefort cheese and minced onion, and spread thinly on the potato chips. Serve with vegetable or fruit cocktails as a snack.

Anchovy and Cream Cheese Balls

1 3-oz. pkg. cream cheese
1 tbsp. anchovy paste
1 tsp. minced onion
10 crisp unsweetened crackers

Mash the cream cheese, anchovy paste, and minced onion together until blended. Form into balls about ½" in diameter. Arrange one ball in the center of each cracker. Makes 10 balls. Serve with vegetable or fruit juice cocktails as the first course or as a snack. Anchovy paste comes in tubes, and is quite moderate in price.

Liver and Hard-Cooked Egg Spread

½ c. chopped cooked calves' or beef liver
1 shelled hard-cooked egg, chopped
1 tsp. minced onion
¼ tsp. salt
Speck pepper
2 tbsp. mayonnaise
20 crisp crackers

Use leftover cooked or sauted liver, chopped rather fine, but not minced. Combine the liver with the chopped egg, onion, salt, pepper, and mayonnaise. Spread on crisp crackers or toasted bread and serve with vegetable or fruit juice cocktails as a snack. Spreads 20 crackers 2 inches in diameter.

Baconized Camembert Spread

4 slices bacon
4 tbsp. Camembert cheese
Crisp crackers

Cook the bacon until crisp, drain, and then chop fine. Blend with the Camembert cheese, and spread on crisp crackers or toasted bread. Serve with vegetable or fruit juice cocktails as a snack. Spreads 12 crackers 2 inches in diameter.

Beet and Tuna Fish Spread

½ c. minced cooked or drained canned beets
½ c. flaked canned tuna fish
¼ c. French dressing

Combine the minced beets with the fish and French dressing. Spread on crisp crackers, toasted white or dark bread, or English muffins. Spreads 10 English muffins.

Dried Beef Roulades

1 3-oz. pkg. cream cheese
1 tsp. bottled horse-radish
1 tsp. minced onion
Salt
1/8 tsp. pepper
12 slices dried beef
Toothpicks

Blend the cream cheese, horse-radish, and onion well, then add salt to taste, and the pepper. Spread each slice of dried beef with some of this cheese mixture, then roll tightly and secure with a toothpick. Makes 12 roulades. Thin slices of bologna, salami, or cooked ham may be substituted for the dried beef.

Frankfurter Tidbits

3 frankfurters
1 tbsp. prepared mustard
3 small gherkins
Toothpicks

Cut the Frankfurters crosswise into quarters. Make an incision the full length of each piece of frankfurter, not quite all the way through. Then spread each piece apart slightly and spread the inside with some of the mustard. Next arrange in each slit, one quarter of a gherkin cut lengthwise. Insert a toothpick through the center of each piece, so as to hold the two cut edges together, and serve. Makes 12 frankfurter tidbits.

Ham and Asparagus Rolls

½ No.-1 can drained asparagus tips
½ c. French dressing
14 thin slices cooked ham

Allow the asparagus tips to stand in French dressing to cover in the refrigerator about 10 min., then drain. Then trim each ham slice so that it is about 1 inch narrower than the asparagus tips are long. Place one asparagus tip on each slice of ham and roll up tightly like a jelly roll. Some of the asparagus tip should protrude at either end of the ham roll. Secure each roll with a toothpick and serve. Makes 14 rolls. If preferred, the ham can be spread with mayonnaise before rolling, in which case no French dressing is needed. Serve on a platter of cold cuts for Sunday night supper or with vegetable or fruit juice cocktails.

Stuffed Cheese Olives

1 doz. large stuffed olives
1 oz. American cheese

Cut each olive in half lengthwise. Also cut the cheese into ½ in. squares about ¼ in. deep. Place one cheese square between every two halves of olive and press together firmly. Makes 12 stuffed cheese olives. These are delicious and dainty to accompany the first course, or for an hors d'oeuvre spread.

Toasted Sausage Rolls

12 slices bread ¼" thick
12 canned pork sausages
Toothpicks
Melted butter or margarine
Prepared mustard

Trim the crusts from the bread slices. Roll one sausage in each bread slice like a jelly roll, having first spread each sausage lightly with prepared mustard. Secure each roll with two toothpicks. Next brush the outside of the rolls with melted butter and then broil them in the broiler oven until hot and delicately browned on all sides. Makes 12 sausage rolls.

Appetizers

Cheese and Olive Canapes

Cut stale bread in one-fourth inch slices. Shape with a small oblong cutter with rounded corners. Cream butter, add an equal quantity of soft cheese, and work until smooth; then season with salt. Spread on bread and garnish with a one-fourth inch border of finely chopped olives and a piece of red or green pepper cut in fancy shape, in center of each. To be served in place of sandwiches on a plate covered with a doiley.

Cheese Canapes No. 1

Toast circular pieces of bread, sprinkle with a thick layer of grated cheese seasoned with salt and cayenne. Place on a tin sheet and bake until cheese is melted. Serve at once.

Cheese Canapes No. 2

Spread circular pieces of toasted bread with French Mustard, then proceed as for Cheese Canapes No. 1.

Sardine Canapes

Spread circular pieces of toasted bread with Sardines (from which bones have been removed) rubbed to a paste, with a small quantity of creamed butter and seasoned with Worcestershire Sauce and a few grains of cayenne. Place in the center of each a stuffed olive, made by removing stone and filling cavity with sardine mixture. Around each arrange a border of the finely chopped whites of "hard-boiled" eggs.

Anchovy Canapes

Spread circular pieces of toasted bread with Anchovy Butter. Chop separately yolks and whites of "hard-boiled" eggs. Cover canapes by quarters with egg, alternating yolks and whites. Divide yolks from whites with anchovies split in two lengthwise, and pipe around a border of Anchovy Butter, using a pastry bag and tube.

Caviar Spread

Mash 2 Philadelphia cream cheeses, 1 can imported caviar, some fine chopped onions, some salt (not much), some paprika. Stir above ingredients with fork to a paste and spread on crackers.

Soups

Cream of Potato Soup

1 pt. sweetmilk
1 c. creamed irish potatoes
1 pt. cream sauce
1 small onion, chopped fine
1 stalk celery, cut fine

Have sauce warm and add potatoes. When thoroughly blended add milk, onions and celery, cook celery and onions in ½ pt. water before adding to milk.

Pea Soup

Drain liquor from one can of peas. Cook the peas in two pts. of cold water or chicken stock twenty minutes. Press through sieve. Add to 1 pt. cream sauce. A little onion gives a nice flavor. May be served with one spoon of whipped cream. Rich and delicious.

Tomato Soup

1 qt. tomatoes
2 c. water
12 peppercorns
bit of bay leaf
4 cloves
1 tbsp. onion
1 tbsp. sugar
⅛ tsp. soda
4 tbsp. butter
4 tbsp. flour
1 tbsp. salt
¼ tsp. pepper

Cook slowly the first seven ingredients for 30 minutes; strain and add soda. Combine last four ingredients as for white sauce, add tomatoes and when mixture reaches boiling point, serve.

Cream of Asparagus Soup

1 can asparagus
2 pts. water or white stock
1 pt. cream sauce

Cook asparagus in water ten minutes. Before putting asparagus in water, with scissors cut the tiny flowers from tips; save to put in soup when ready to serve. Press asparagus through sieve. Add to warm sauce. Add a little grated onion if liked. When well blended seasoned and ready to serve, add the flowers in each bowl of soup. Whipped cream is nice to put in soup just as it goes to the table. Sprinkle with tiny bits of parsley.—Mrs. J. D. Giles, Selma, Ala.

Spinach Soup

4 c. White Stock II or III
2 qts. spinach
3 c. boiling water
2 c. milk
¼ c. butter
⅓ c. flour
Salt
Pepper

Wash, pick over, and cook spinach thirty minutes in boiling water to which has been added one-fourth tsp. powdered sugar and one-eighth tsp. of soda; drain, chop, and rub through sieve; add stock, heat to boiling point, bind, add milk, and season with salt and pepper.

Mushroom Soup

½ lb. mushrooms
4 c. White Stock III
¼ c. pearl sago
1 c. boiling water
1 c. heavy cream
Yolks 2 eggs
Salt and pepper

Clean and chop mushrooms, and add to stock. Cook twenty mins. and rub through a sieve. Cook sago in boiling water thirty mins., add to stock, and as soon as boiling-point is reached, season with salt and pepper; then add cream and yolks of eggs.

Cucumber Soup

3 large cucumbers
2 tbsp. butter
3 tbsp. flour
3 c. White Stock II
1 c. milk
1 slice onion
2 blades mace
½ c. cream
Yolks 2 eggs
Salt and pepper

Peel cucumbers, slice, and remove seeds. Cook in butter ten mins.; then add flour and stock. Scald milk with onion and mace. Combine mixtures and rub through a sieve. Reheat to boiling-point and add cream and egg yolks. Season with salt and pepper.

Consomme

3 lbs. beef, poorer part of round
1 lb. marrow-bone
3 lbs. knuckles of veal
1 qt. chicken stock
⅓ c. carrot, diced
⅓ c. turnip, diced
⅓ c. celery, diced
⅓ c. sliced onion
2 tbsp. butter
1 tbsp. salt
1 tsp. peppercorns
4 cloves
3 sprigs thyme
1 sprig marjoram
2 sprigs parsley
½ bay leaf
3 qts. cold water

Cut beef in one and one-half inch cubes, and brown one-half in some of the marrow from marrow bone; put remaining half in kettle with cold water, add veal cut in pieces, browned meat, and bones. Let stand one-half hour. Heat slowly to boiling-point, and let simmer three hours, removing scum as it forms on top of kettle. Add one qt. liquor in which a fowl was cooked, and simmer two hours. Cook carrot, turnip, onion, and celery in butter five mins.; then add to soup, with remaining seasonings. Cook one and one-half hours, strain, cool quickly, remove fat, and clear.

Creole Soup

1 qt. Brown Soup Stock
1 pt. tomatoes
3 tbsp chopped green peppers
2 tbsp. chopped onion
¼ c. butter
⅓ c. flour
Salt
Pepper
Cayenne
2 tbsp. grated horseradish
1 tsp. vinegar
¼ c. macaroni rings

Cook pepper and onion in butter five mins. Add flour, stock, and tomatoes, and simmer fifteen mins. Strain.

Bouillon

5 lbs. lean beef from middle of round
2 lbs. marrow-bone
3 qts. cold water
1 tsp. peppercorns
1 tbsp. salt
⅓ c. carrot, diced
⅓ c. turnip, diced
⅓ c. onion, diced
⅓ c. celery, diced

Wipe, and cut meat in inch cubes. Put two-thirds of meat in soup kettle, and soak in water thirty mins. Brown remainder in hot frying-pan with marrow from marrow bone. Put browned meat and bone in kettle. Heat to boiling-point; skim thoroughly, and cook at temperature below boiling point five hours. Add seasonings and vegetables, cook one hour, strain, and cool. Remove fat, and clear. Serve in bouillon cups.

Chicken Soup

6 c. White Stock III
1 tbsp. lean raw ham, finely chopped
6 slices carrot, cut in cubes
2 stalks celery
½ bay leaf
¼ tsp. peppercorns
1 sliced onion
⅓ c. hot boiled rice

Add seasonings to stock, heat gradually to boiling-point, and boil thirty mins.; strain, and add rice.

Turkey Soup

Break turkey carcass in pieces, removing all stuffing; put in kettle with any bits of meat that have been left over. Cover with cold water, bring slowly to boiling-point, and simmer two hours. Strain, remove fat, and season with salt and pepper. One or two outer stalks of celery may be cooked with carcass to give additional flavor.

Oyster Soup

1 qt. oysters
4 c. milk
1 slice onion
2 stalks celery
2 blades mace
Sprig of parsley
Bit of bay leaf
⅓ c. butter
⅓ c. flour
Salt and pepper

Clean and pick over oysters as for Oyster Stew; reserve liquor, add oysters slightly chopped, heat slowly to boiling-point, and let simmer twenty mins. Strain through cheesecloth, reheat liquor, and thicken with butter and flour cooked together. Scald milk with onion, celery, mace, parsley, and bay leaf; remove seasonings, and add to oyster liquor. Season with salt and pepper.

French Oyster Soup

1 qt. oysters
4 c. milk
1 slice onion
2 blades mace
⅓ c. butter
⅓ c. flour
Yolks 2 eggs
Salt and pepper

Make same as Oyster Soup, adding yolks of eggs, slightly beaten, just before serving. Garnish with Fish Quenelles.

Oyster Soup, Amsterdam Style

1 qt. oysters
Water
3 tbsp. butter
3½ tbsp. flour
½ tsp. salt
Paprika
Celery salt
1 c. cream

Clean, pick over, chop, and parboil oysters; drain, strain through cheesecloth, and add to liquor enough water to make one qt. liquid. Brown butter, add flour, and pour on gradually, while stirring constantly, the oyster liquor. Let simmer one-half hour. Season with salt, paprika, and celery salt, and just before serving add cream.

Oyster Gumbo

1 pt. oysters
4 c. Fish Stock
¼ c. butter
1 tbsp. chopped onion
½ can okra
⅓ can tomatoes
Salt
Pepper

Clean, pick over, and parboil oysters; drain, and add oyster liquor to Fish Stock. Cook onion five mins. in one-half the butter; add to stock. Then add okra, tomatoes heated and drained from some of their liquors, oysters, and remaining butter. Season with salt and pepper.

Fish Stock is the liquor obtained by covering the head, tail, skin, bones, and small quantity of flesh adhering to bones of fish, with cold water, bringing slowly to boiling-point, simmering thirty mins, and straining.

Clam Soup With Poached Eggs

1 qt. clams	1½ tsp. salt
4 c. milk	⅛ tsp. pepper
1 slice onion	Few gratings nutmeg
⅓ c. butter	White 1 egg
2 tbsp. flour	

Clean and pick over clams, using three-fourths c. cold water; reserve liquor. Put aside soft parts of clams; finely chop hard part, add to liquor, bring gradually to boiling-point, strain through cheesecloth, and thicken with butter and flour cooked together. Scald milk with onion, remove onion, add milk, seasonings, and soft part of clams. Bring to boiling-point and pour over whites of eggs beaten stiff.

Vegetables

The Preparation and Cooking of Vegetables

The usual method of cooking vegetables in a large quantity of water, which is afterwards thrown away, is not to be recommended, as it means the loss of much valuable saline matter as well as sugar.

Where the cooking liquor is not used, with such vegetables as peas, turnips, beans, etc., it is well to add a little sugar while cooking, to replace that which is lost. Root vegetables are all improved by the addition of a little butter when being served.

It is difficult to give a definite time for the cooking of either root or green vegetables, as it depends largely on their age and freshness. Cook all green vegetables rapidly, putting them, after washing, into boiling salted water. Cook without a cover as this preserves the color. Some cooks attain this end by putting a little soda in the water, but this is not advisable. As soon as tender, remove from the water, because too much cooking causes the flavor to deteriorate.

The exception to the rule of cooking green vegetables in boiling water is spinach, which requires no water other than that which clings to the leaves after washing.

Boston Baked Beans

Pick over one quart pea beans, cover with cold water, and soak over night. In morning, drain, cover with fresh water, heat slowly (keeping water below boiling-point), and cook until skins will burst,—which is best determined by taking a few beans on the tip of a spoon and blowing on them. When skins will burst beans are sufficiently cooked. Beans thus tested must, of course, be thrown away. Drain beans, throwing bean-water out of doors, not in sink. Scald rind of three-fourths pound fat salt pork, scrape, remove one-fourth inch slice and put in bottom of bean-pot. Cut through rind of remaining pork every one-half inch, making cuts one inch deep. Put beans in pot and bury pork in beans, leaving rind exposed. Mix one tbsp. salt, and one tbsp. molasses, and three tbsp. sugar; add one c. boiling water, and pour over beans; then add enough boiling water to cover beans. Cover bean-pot, put in oven, and bake slowly six or eight hours, uncovering the last hour of cooking, that rind may become brown and crisp. Add water as needed. Many feel sure that by adding with seasonings one-half tbsp. mustard the beans are more easily digested. If pork mixed with lean is preferred, use less salt.

The fine reputation which Boston Baked Beans have gained has been attributed to the earthen bean-pot with small top and bulging sides in which they are supposed to be cooked. Equally good beans have often been eaten where a five pound lard can was substituted for the broken bean-pot. Yellow-eyed beans are very good when baked.

Sweet Potato Pudding (An Old Recipe)

2 eggs
½ c. brown sugar
½ tsp. nutmeg
1 tsp. ginger
2½ c. grated raw potato
1 c. rich sweet milk
2 tbsp. fat
tsp. salt

Mix in order given, pour in a well greased, hot frying pan, or baking pan. Bake in a moderate oven about 45 minutes. Serve with lemon sauce, sweetened cream, or your favorite chocolate sauce.

this mixture and layer of asparagus on top. Put on ice to congeal and serve with mayonnaise, to which has been added a little lemon juice.

If you would give the loaf the asparagus flavor beat in the tender shoots of the asparagus tips into whip cream.—Mrs. J. D. Giles, Selma, Ala.

Carrot Ring Mold

Cook and wash sufficient carrots to make two cups full of pulp, season with salt and pepper. To this add one cup of thick white sauce and yolk of two eggs, fold in lightly beaten whites, bake thirty to forty-five minutes at 350° in a greased ring mould. Turn out and serve green peas in the center of the ring.—Mrs. J. B. Beaird, Orrville, Ala.

Corn Fritters

The corn must not be too young. Split the grains with a sharp knife and scrape out the pulp. To one cup of corn add one cup of milk, one egg, one tsp. baking powder and salt to taste. Add flour enough to make a batter stiff enough to drop from spoon. Have lard hot as you would for doughnuts. Drop by spoonsful into the hot lard and brown.—Alethea Rule, Marion Junction, Ala.

Tomato Nest

Remove top and scoop out centers of six tomatoes, sprinkle insides with one-fourth tsp. of salt.

Mix six hard-cooked eggs (chopped), two-thirds c. milk, one-half tsp. salt, one-eighth tsp. pepper, 1 tsp. grated onion and 1 tsp. of minced parsley. Fill tomatoes with mixture. Top each with a slice of bacon. Put in a shallow pan and add one-half c. of water, bake in moderate oven until tomatoes are tender and bacon is brown. Serves six.—Sarah Campbell.

Corn Pudding

1 doz. roasting ears grated
1 c. butter
½ c. cream
½ c. sugar
4 eggs

Mix in the order given. Bake in moderate oven.—Mrs. Martha Orum.

Potato Croquettes

6 medium potatoes
3 tbsp. butter
½ tsp. salt
½ tsp. pepper
½ c. hot milk
1 beaten egg
¼ tsp. onion juice

Form while hot into balls.

Dip in crumbs, then in egg and finally in crumbs again and fry in hot deep fat until golden brown. Garnish with parsley. Peanut butter may be used.

Scalloped Corn

6 ears of tender corn
6 tbsp. butter
1 tsp. salt
1 tbsp. sugar
½ c. milk

Split corn and grate, place in double boiler, add milk to cover, stir constantly until of creamy consistency. Pour in baking dish, brown in moderate oven.

Stuffed Prune Salad

2 pkg. cream cheese
⅛ can cocoanut, chopped
2 tbsp. mayonnaise
24 cooked prunes, seeded

Blend cheese, cocoanut, and mayonnaise. Stuff prunes with mixture. Serve on crisp lettuce. Garnish with additional mayonnaise. Serves 8.

Avocado Aspic

2 c. water
¼ c. lemon juice
1 good sized avocado
2 large firm tomatoes
2 tbsp. sugar
1 tsp. salt
3 tbsp. gelatin dissolved in ⅓ c. cold water
1 tbsp. grated onion if desired
Cayenne and paprika to taste
Green coloring to make green

Put gelatine to soak for five minutes, then melt over hot water. Peel and dice avocado and tomato. Make a stock of the water and seasoning, add coloring and melted gelatine. Into a mold put a portion of stock, set on ice, put a layer of fruit when beginning to get firm, then more stock and fruit until all is used. Place on ice to get hard, unmold on lettuce, serve with mayonnaise.

An easy way is to pour all the stock into mold, and when it begins to get firm, drop in the fruit, stirring gently to mix, let get firm.

Lima Bean Loaf

2 c. cooked lima beans
1 c. strained tomatoes
3 eggs beaten
1 c. bread crumbs
1 onion chopped
½ tsp. Worcestershire Sauce
Salt, pepper
2 c. grated American cheese

Drain beans and mash with fork. Mix well with remaining ingredients. Pour into a greased loaf pan and bake about one hour in a moderate oven— 350° F.

Tomato Bisque

4 c. milk
¾ c. stale breadcrumbs
1 small onion
1 sprig of parsley
6 cloves
2 tsp. sugar
1 tsp. salt, or more
½ tsp. soda
1 can tomatoes
3 tbsp. butter

Scald milk, pour over crumbs and rub through sieve. Have tomatoes stewed with seasonings and strained. Add soda to tomatoes, reheat milk, add tomatoes and serve at once.

Fried Okra

Select small, tender pods.

Boil until tender, drain, season with salt and pepper, roll in crumbs, then in egg and crumbs again. Fry in deep fat. This is crumbled and egged the same way as a croquette.

Baked Luncheon Spinach

2 c. cooked or canned spinach
4 sliced hard cooked eggs
¼ c. grated cheese
½ c. buttered bread crumbs
1 c. milk
2 tbsp. flour
2 tbsp. fat
½ tsp. salt
Dash of pepper

Drain and chop the spinach. Make a medium white sauce. Place a few crumbs in the bottom of a baking dish; add half the spinach, a layer of sliced eggs, and half the white sauce. Sprinkle with the cheese.

Repeat; cover with the rest of the crumbs, and bake in a hot oven of 450° F. until brown.

Potato Souffles (Individual)

4 c. hot mashed potatoes	¼ tsp. pepper
4 eggs, beaten separately	1 tbsp. minced onion (?)
3 tbsp. melted butter	Dust of cayenne or paprika
1 tsp. salt	

To hot potatoes add butter, salt, pepper, onion and well beaten yolks of eggs. Beat egg whites very stiff and fold into potato mixture. Bake in well oiled ramekins muffin pans, moderate oven, 300°, until firm. Serves eight.

Potato Circles, Filled With Cooked Meat

Two cups mashed, well seasoned potatoes, add 1 egg and 3 tbsp. of flour. Mix well, place on well floured board, roll carefully to half-inch thickness, cut in large circles (about 4 inches across). On each circle place a tbsp. of cooked ground meat, well seasoned. Fold over in triangle shape, pinch edges together. Arrange in flat oiled baking dish, brush tops with melted shortening, brown in hot oven. Serve at once.

Eggs

Eggs are rich in protein and rank next to milk among the tissue building foods. They are also rich in fat and contain vitamins which stimulate growth, as well as such minerals as iron, phosphorus, and calcium.

General Directions:

Keep eggs in a cool dry place. Always wash them before using. Break eggs separately into a saucer. If only whites are used the yolks may be kept from hardening by covering with water, if unbroken, or with paraffin paper or several thicknesses of damp cheese cloth pressed firmly over the top of the bowl or cup.

Fresh eggs will sink quickly to the bottom of a pan of water. Stale eggs will sink more slowly or, if deteriorated sufficiently, will rise to the surface.

Eggs Cooked in Shell:

Soft Boiled Eggs

Place eggs in enough boiling water to cover, put lid on pan and boil 3 minutes. Serve in heated cups with salt to taste.

Soft Cooked Eggs

Place eggs in enough boiling water to cover, put lid on pan and remove from fire. Let stand 8 to 10 minutes. Serve in heated cups with salt to taste.

Hard Boiled Eggs

Place eggs in enough boiling water to cover, put lid on pan and boil ten minutes.

Hard Cooked Eggs

Use directions for soft cooked eggs, let the eggs stand in the water 30 to 40 minutes. Be sure that the water is kept hot, but not boiling during that time.

Eggs Cooked Out Of Shell:

Poached Egg

Break each egg into a saucer, slip into boiling water and remove pan to back of stove, where water will not boil. Let stand until the white of the egg is coagulated and a thin film is formed over the yolk.

The process is hastened if the pan is covered.

Scrambled Eggs

6 eggs
¾ tsp. salt
¼ tsp. pepper
6 tbsp. milk
2 tbsp. butter

Beat eggs just enough to mix yolks and whites. Add the milk and seasoning. Melt the butter in a pan, add other ingredients and stir until mixture is coagulated. Serve on toast if desired. This mixture may be cooked in a double boiler.

For variety, substitute stewed and strained tomatoes for the milk.

Plain Omelet

Use the same ingredients as for scrambled eggs, above. Water may be substituted for the milk. Separate the eggs, and beat the yolks until thick and lemon colored. Add seasoning and liquid. The liquid may be heated before adding. This partly cooks the eggs and the omelet is less likely to separate. Beat the whites stiff, but not dry, fold them into the mixture and pour into a heated omelet pan greased with butter. Spread the mixture evenly and cook over a moderate heat. When the omelet is well "puffed" and delicately brown underneath, put it into a hot oven a moment to dry slightly on top. The omelet is done when it is firm to the touch. Fold one-half the omelet over the other, folding at right angles to the handle of the pan, turn out on a hot platter and serve.

French Omelet

Use same ingredients as for scrambled eggs, above. Beat eggs just enough to blend the yolks and whites, add seasoning and liquid and pour into an omelet pan greased with the butter. Let cook very slowly and as it cooks prick and pick up with a fork to allow the uncooked part to run underneath. When creamy and brown on bottom, fold and turn on a hot platter. Serve hot.

Baked Eggs

Break eggs into muffin tins that have been brushed with melted butter. Season to suit taste with salt and black pepper. Place into oven and cook until desired consistency. Grated cheese sprinkled over each egg before placing in oven is an addition.

Egg Nests

Have ready round pieces of buttered toast. Separate eggs, keeping yolks in shape. Beat whites stiff with pinch of salt. Pile on toast to form a nest leaving a place in center for yolk. Place yolk into nest of whites. Season with a bit of butter, pepper and salt. Cook in oven until set. Serve on individual plates garnished with parsley and crisp bacon.

Egg Omelet

4 eggs, beaten separately
2 tbsp. water
1 tbsp. butter
¼ tsp. salt
Dash of black pepper

Beat yolks light, add water and seasoning. Fold this into the well beaten whites, melt tbsp. butter in sauce pan. Run pan into hot oven, cook until eggs are set. Grated cheese may be sprinkled between when folded for platter. Always cut edges when ready to fold. This omelet may be served in a variety of ways. Minced bacon can be put between fold garnished with parsley and thin slices of ham.—Mrs. J. D. Giles.

Eggs Foo Yong

1 can Chinese chop suey vegetables
¼ lb. chopped, fried meat (chicken, pork, ham, shrimp)
3 eggs

Heat 5 soupspoons lard or oil in skillet. Drain juice from vegetables; dry and cut into small pieces, add salt and pepper to taste. Beat 3 eggs, pour over vegetables and meats; mix well. Fry each portion separately. Brown well on both sides. Serve covered with gravy made with 1 tbsp. Chinese Soy Sauce, 3 tbsp. cornstarch or flour and 1½ c. soup stock or juice from vegetables. Season to taste with Chinese Soy Sauce.

Chinese Eggs

½ c. raw rice
Salt, pepper
4 hard-cooked eggs
1 pkg. American cheese
2 tbsp. chopped green pepper
2 tbsp. canned tomato
1 tsp. chopped onion
¾ c. milk

Cook the rice in boiling salted water until tender; rinse thoroughly and drain; season with salt and pepper and spread on a glass baking platter or shallow baking dish. Cut hard-cooked eggs lengthwise, remove yolks and mix well with a quarter of the package of American cheese, the chopped pepper, onion, tomato pulp, and seasonings to taste. Stuff the egg whites and arrange them on the rice. Pour around the eggs a sauce made with the remaining cheese and the milk, cooked in a double boiler until cheese is melted. Place the dish in a moderate oven for twenty minutes, or until it is well heated and the eggs begin to brown slightly. Serve hot.

Cheese Dishes

Cheese is a concentrated protein food. It should be eaten in small quantities and chewed well. Do not add it to an already adequate meal. For instance, cheese and meat should not be served together. Both are tissue building foods. The cheese should be used as a substitute for meat.

Savory Rabbit

6 slices bread	4 oz. grated cheese
Butter	2 tbsp. ale or thin cream
Minced ham or anchovy paste	Seasoning to taste

Cut the bread into round or square slices and sauté in the butter till slightly crisped. The quantity of butter will depend on the freshness of the bread, as the fresher it is the more butter it will absorb. Spread each piece with the ham or anchovy and keep hot. Melt the cheese and add the ale and seasoning. Spread over the ham and serve immediately.

Blushing Bunny

1½ lbs. cheese	⅛ level tsp. mustard
1 level tbsp. butter	⅛ level tsp. pepper
1 c. cooked, strained tomato, or canned tomato soup	1 tsp. lemon juice

Melt the cheese as for Welsh Rabbit; add the butter and tomato, stirring constantly; season and add the lemon juice just before serving.

Cheese Fondue

1 level tbsp. butter	1 level tsp. dry mustard
1 c. milk	Cayenne
1 c. bread crumbs	2 eggs
2 c. grated mild cheese	

Melt the butter in the chafing dish; add the milk, bread crumbs, cheese and mustard, and season with cayenne. Stir constantly and add two lightly-beaten eggs a moment before serving.

Cottage Cheese

Method I. Heat 1 qt. sour milk to 100 degrees F. for 20 or 30 minutes and turn it into a strainer lined with cheese cloth. Pour hot water on it several times, gather cheese cloth together like a bag and let it hang until it is free from whey. Moisten cheese with melted butter and cream, and season with salt. Shape into balls or mould and keep in a cool place.

Method II. Heat a qt. of sweet milk to 100 degrees F. and add one junket tablet that has been powdered and dissolved in 1 tbsp. cold water. Let stand in a warm place to set, then proceed according to Method I.

A New Cheese Toast

½ c. grated tart cheese	Soft butter
2 hard-boiled egg yolks	Stale bread

Mash boiled egg yolks very fine and mix well with grated cheese. Cut bread in half-inch slices, remove crust, cut slices into strips half-inch wide, spread generously with soft butter, roll in the egg cheese mixture until well coated. Place on wire rack, run in medium oven for about 5 minutes.

Cheese Straws

1 c. flour
½ tsp. salt
4 tbsp. fat
1 c. grated cheese
1/16 tsp. cayenne
3 tbsp. water

Cut the flour, salt, fat, and one-half of the cheese together with a biscuit cutter until the mass is well blended. Add the water and mix well. Toss on a slightly floured board and roll 2 or 3 times until the dough is smooth. Sprinkle on one-half of the remainder of the cheese and roll again. Repeat this until all the cheese is used. Roll the mass out until about ¼ inch thick. Cut in strips ½ inch wide and 6 inches long. Place the strips on a baking sheet and bake until a delicate brown in a moderate over, about 400 degrees F.

Cheese Crisps

½ lb. cheese
1 loaf bread (fresh)

Cut the bread in very thin slices, trim the crusts and spread with the cheese that has been grated. Roll up, skewer with toothpicks and toast under the broiling flame, turning often so that all sides are an even color.

Tomato and Cheese Omelet

5 eggs
2 tbsp. milk
1 tsp salt
¼ tsp. pepper
1 pt. canned tomatoes
1 tbsp. butter
1 tsp. salt
⅛ tsp. pepper
1 tsp. sugar
¾ c. grated American cheese

Stew together the tomatoes, butter, sugar, and the second amount of salt and pepper, until the tomatoes are thick. This will take about twenty minutes of quite rapid cookery. Then separate the eggs, beating the whites until stiff and the yolks until lemon colored. Stir the milk, the teaspoon of salt and the quarter teaspoon of pepper into the egg yolks, fold in the whites and turn the whole into a medium-sized frying pan, in which another tablespoon of butter has been heated. Cook the omelet slowly, lifting it occasionally with a spatula or broad-bladed knife. When golden brown on the bottom, spread over half the amount of tomato and sprinkle on the cheese. Set in the oven until the cheese has melted, fold over and cut at right angles to the handle. Slide onto a hot platter and garnish with the remaining tomato and some parsley.

Welsh Rarebit

Make a thick white sauce. Add ½ pound of grated cheese, salt, and cayenne to taste. Serve on slices of buttered toast.—Mrs. George F. Maxwell.

Cheese Straws

1 tbsp. butter
1 c. flour
1 c. fresh bread crumbs
1 c. grated cheese
¼ tsp. salt
¼ tsp pepper
2 tbsp. milk
Few grains cayenne pepper

Mix flour, crumbs, cheese and seasoning. Cream butter; add the mixture to it and then the milk. Work together thoroughly to form a paste. Roll ¼ inch thick, cut out in narrow strips. Bake in moderate oven about ten minutes.—Mrs. E. F. Epp, Marion Jct., Ala.

Cheese Biscuits

½ lb. grated cheese
½ lb. butter
1 pinch salt and cayenne pepper

Knead enough flour and cheese together till it looks like coarse meal and work in the butter and salt and pepper. Cut with a nickle snuff box; serve with salads, cocktails and after dinner coffee, bake as you would any biscuit.—Mrs. William T. Molette.

Cheese Soufflé

Melt two tablespoons of butter; add two tablespoons of flour and stir until the mixture bubbles; then add 1 cup milk and stir until smooth. Put in the yolks of two well beaten eggs. When mixture is cool, add one cup of grated cheese and the beaten whites of two eggs and bake twenty-five minutes in a moderate oven. Serve at once. —Mrs. J. B. Beaird, Orville, Ala.

Asparagus Cheese

1 can asparagus tips
1 c. blanched almonds
1 c. yellow cheese

Make a thick white sauce, using asparagus juice with one cup sweet milk, one tablespoon each of flour and butter. Add to this the cheese. Cut asparagus in three pieces. Put in baking pan; cover with cheese sauce with almonds cut in two or three strips added. Sprinkle top with soft bread crumbs and bits of butter run in oven to season and brown. Delicious.—Mrs. J. D. Giles, Selma, Ala.

Cauliflower and Cheese

1 cauliflower
½ lb. grated cheese
½ tsp. red pepper
1 c. cream sauce
8 green peppers

Boil cauliflower. When cold cut in pieces. Put in dish alternately with cheese and pepper. Pour over this cream sauce; add buttered bread crumbs and bake ten minutes.—Mrs. J. D. Giles, Selma, Ala.

Cheese and Nut Roast

1 c. grated cheese
1 c. chopped nuts
1 c. bread crumbs
2 tbsp. chopped onions
1 tbsp. butter
Juice of ½ lemon
¼ tsp. salt
⅛ tsp. pepper

Cook onion in butter and a little water until tender. Mix the other ingredients and moisten with the water in which the onion has been cooked. Pour into a shallow baking dish and brown in the oven.

Macaroni and Cheese

Put layers of boiled macaroni in buttered baking dish with grated cheese between and on top. Pour over it white sauce No. II, cover with buttered crumbs and brown.

Cheese Custards or Timbals

3 eggs, well beaten
1 c. sweet milk
6 tbsp. fine bread crumbs
¾ c. grated cheese
Salt and pepper to taste
Dusting of paprika

Add milk, cheese, and crumbs to well beaten eggs. Season to taste. Pour into well oiled custard cups set in a pan of warm water; bake in moderate oven for 45 minutes or until firm in center. May be turned out on toast and served with tomato sauce.

Ring of Plenty

1½ c. cooked macaroni
1 c. diced cheese
1 c. soft bread crumbs
1 tbsp. minced parsley
3 tbsp. minced pimentoes
3 tbsp. melted fat
1 tbsp. minced onion
1 c. scalded milk
1 egg, well beaten
1 tsp. salt
⅛ tsp. pepper

Cut macaroni into short pieces. Combine ingredients in order given. Transfer to ring mold, rubbed with fat. If no mold is available, rub the outside of a jelly glass with fat. Place glass upside down in center of deep baking dish.) Place mold in pan of hot water. Bake in moderately hot oven (375° F.) until firm—about 35 minutes. Unmold. Serve hot. Ring can be filled with creamed left-over meat or fish.

Cheese Biscuit

2 c. self-rising flour
1 tbsp. fat
¾ c. grated sharp cheese
1 tsp. paprika
¾ c. milk

Sift and measure the flour; add the fat, cheese, and paprika; rub with the finger tips until thoroughly blended; add milk to make a soft dough; roll ⅓ inch thick; cut with a small biscuit cutter. Place on a baking sheet, and bake in a hot oven. (450 degrees F.) about 10 minutes.

Meats

Meat is the flesh of animals used as food. It should be uniform in color, and firm and elastic to the touch. The tender cuts are the more expensive, but the less tender cuts, which are the cheaper, are the more nutritious.

Remove meat from paper as soon as it comes from the market and keep in a cool place. Before using wipe with a damp cloth, but never let meat stand in water as this will draw out the juices.

The cooking of meat gives one of two results; it retains or extracts the juice.

To retain the juice, sear the meat by direct contact with the fire or by placing in a hot pan or boiling water. The temperature is lowered for further cooking. In the process of searing, the albumen, which is a form of protein, coagulates on the outside of the meat and the inside is cooked in its own juices.

To extract the juice, cut the meat in small pieces, thus exposing as much surface as possible, and soak the pieces in cold water. This process is used in making soups. To extract only a part of the juice, the meat is cut in larger pieces than those used for extracting all the juice, and they are soaked in cold water only a few minutes and then heated slowly. As soon as the boiling point is reached the albumen coagulates on the outside of the meat and the rest of the juice is retained. This method is used for making stews.

Cooking Meats to Retain Juice:

TIME TABLE FOR ROASTING

Beef:	Less than 8 lbs. allow 10 minutes to the lb. and 10 minutes extra to heat through. 8-10 lbs. allow 12 min. to the lb. and 12 min. extra. Over 12 lbs. allow 15 min. to the lb., and 15 min. extra.
Mutton or Lamb:	Allow 20-25 min. to the lb and 20 min. extra.
Veal and Pork:	Allow 25-30 min. to the lb. and 20 min. extra

TIME TABLE FOR BROILING OR PAN BROILING

Steak, 1 in. thick	4- 6	minutes
Steak, 2 in. thick	12-15	minutes
Chops, 1 in. thick	5- 7	minutes
Chickens	20-30	minutes
Ham, ½ in. thick	3	minutes
Liver, ½ in. thick	5	minutes

Roasting

Wipe and trim meat, put skin-side down on a rack in a dripping pan, and rub with salt. Dredge the pan and meat with flour and place pieces of fat from the meat in the pan. Place all in a hot oven to sear the outside of the meat and brown the flour. Then reduce heat and every ten minutes baste the roast with the fat in pan. When meat is about half done, turn it over that skin may be uppermost for final browning and dredge with flour. Do not add any water to pan unless there is danger of burning. See Time Table for Roasting, above.

Rolled Steak

1 lb. round steak 1 in. thick	1 tbsp. chopped parsley
1 c. soft stale crumbs	1 tsp. salt
1 tbsp. butter (melted)	Few grains cayenne

¼ c. stock or water enough to moisten

Wipe steak, sprinkle with flour, and pound flour into it. Mix other materials and spread on steak, keeping mixture 1 in. from edge to prevent squeezing out. Roll up steak, tie securely and roast. The onion may be omitted or other vegetables added.

Gravy

If no water has been added to pan remove fat except 4 tbsp. Add 4 tbsp. flour and, when frothy, pour in slowly 2 c. boiling water, stirring constantly, and cook two or three minutes. Season and strain.

If the water has been added to pan skim off extra fat. Mix flour with a little cold water and when smooth pour into the hot liquid, stirring all the time. Season and strain.

Roast Beef

The best cuts of beef for roasting are: tip or middle of sirloin, back of rump, or first three ribs. Tip of sirloin roast is desirable for a small family. Back of rump makes a superior roast for a large family, and is more economical than sirloin. It is especially desirable where a large quantity of dish gravy is liked, for in carving the meat juices follow the knife. Rib roasts contain more fat than either of the others, and are somewhat cheaper.

To Roast Beef:

Wipe, put on a rack in dripping-pan, skin side down, rub over with salt, and dredge meat and pan with flour. Place in hot oven, that the surface may be quickly seared, thus preventing escape of inner juices. After flour in pan is browned, reduce heat, and baste with fat which has tried out; if meat is quite lean, it may be necessary to put trimmings of fat in pan. Baste every ten minutes; if this rule is followed, meat will be found more juicy. When meat is about half done, turn it over and dredge with flour, that skin side may be uppermost for final browning.

If there is danger of flour burning in pan, add a small quantity of water; this, however, is not desirable, and seldom need be done if size of pan is adapted to size of roast. Beef to be well roasted should be started in hot oven and heat decreased, so that when carved the slices will be red throughout, with a crisp layer of golden brown fat on the top. Beef roast, when temperature is so high that surface is hardened before heat can penetrate to the center, is most unsatisfactory.

Sirloin or rib roasts may have the bones removed, and be rolled, skewered, and tied in shape. Chicago Butt is cut from the most tender part of rump. They are shipped from Chicago, our greatest beef center, and if fresh and from a heavy creature, make excellent roasts at a small price.

Roast Beef Gravy

Remove some of the fat from pan, leaving four tablespoons. Place on front of range; add four tablespoons flour, and stir until well browned. The flour, dredged and browned in pan, should give additional color to gravy. Add gradually one and one-half cups boiling water ; cook five minutes; season with salt and pepper and strain. If flour should burn in pan, gravy will be full of black particles.

To Carve a Roast of Beef

Have roast placed on platter skin side up. With a pointed, thin-blade, sharp knife cut a sirloin rib roast in thin slices at right angles to the ribs, and cut slices from ribs. If there is tenderloin, remove it from under the bone, and cut in thin slices with the grain of meat. Carve back or rump in thin slices with the grain of meat; by so doing some of the least tender muscle will be served with that which is tender. By cutting across grain of meat, the tenderest portion is sliced by itself, as is the less tender portion.

Extra Fine Chop Suey for Two People

1 lb. fresh meat, diced (chicken, veal, beef, or pork)
1 can Chinese chop suey vegetables or bean sprouts
3 c. celery
3 tbsp. Chinese bead molasses
2 tbsp. Chinese soy sauce
3 tbsp. cornstarch or flour

Heat 3 tablespoons oil or lard in skillet, almost to boil; fry meat alone until nearly done, add tablespoon soy sauce. Then add 3 cups celery, 2 cups onions, 1½ cups soup stock; sauté 10 minutes. Add can vegetables or bean sprouts, drained; cook 5 minutes. Add gravy, using 3 tablespoons molasses, 1 of soy sauce, 3 of cornstarch, ⅔ cup water; season to taste; mix all ingredients; stir till done. (Fish, such as Halibut, Crabmeat, Shrimp or Lobster, may be substituted for meat.)

For Preparing Chow Mein

Simply take one can of Chinese Chow Mein Noodles. Empty them into a tin and warm in oven for a few minutes. Then place the hot noodles on a platter and cover with chop suey. Garnish with hard boiled eggs, sliced, chopped green peppers, parsley, etc.

Croquettes

2 tbsp. shortening
1 tsp. chopped onion
¼ c. flour
1 c. chicken broth
1 tsp. salt
¼ tsp. paprika
⅛ tsp. pepper
Dash of nutmeg
3 eggs (beaten yolks)
1¼ c. cooked chicken
½ c. cold boiled ham

Cook onion in fat 3 minutes. Add flour and blend well. Then add chicken broth gradually, stirring constantly. Bring to boil and add seasoning, yolks of eggs slightly beaten and the chicken and ham cut in small cubes. Mix thoroughly and allow to cool. Shape, dip in crumbs, eggs, then crumbs again, fry in deep hot fat (390° F.) or when an inch cube of bread browns in 40 seconds. Drain on absorbent paper. Remove to hot dish and garnish with parsley.

Ham Loaf

Chop any leftover ham very fine. Measure and add to 1½ cups cold cooked oatmeal, 1 teaspoon paprika, 2 onions (grated), ½ cup bread crumbs, 1 cup cream sauce, 1 tablespoon Worcestershire sauce. Mix and then pour into well-greased loaf-shaped pan and then place this pan in a larger one containing warm water. Bake for forty minutes in a moderate oven. Serve with hot tomato sauce.

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Creamed Oysters

1 qt. oysters
4 tbsp. butter
4 tbsp. flour
2 c. hot milk
1 tsp. salt
¼ tsp. pepper
Toast
Parsley

Drain and clean and parboil the oysters. Drain again. Melt butter, add flour, stir until smooth and add milk. Cook in double boiler, stirring frequently. Season with salt and pepper to taste. Add oysters and serve on toast garnished with parsley. Serves six.

Deviled Ham Cream Toast

Melt butter size of egg in double boiler, add teaspoon flour and three cups milk. When smooth, stir in small can of deviled ham. Pour over slices of freshly toasted bread and sprinkle with crumbs of grated hard-boiled eggs.

American Chop Suey

1 lb. round steak, ground
1 bunch celery
2 large onions
1 can mushrooms, if desired
1 c. rice washed
2 green peppers
1 can or six ripe tomatoes

Brown meat slightly, then add rice and the vegetables cut in large pieces. Combine well. Bring to boil, then reduce heat and cook slowly about 1 to 1½ hours. Avoid stirring. Be very careful about adding too much liquid.

Energy Loaf

1½ lbs. beef liver
1½ c. dry bread crumbs
¼ c. melted shortening
1 egg
1¼ tsp. salt
⅛ tsp. pepper
¼ tsp. paprika
3 tbsp. minced onion
3 tbsp. parsley

Pour boiling water over liver. Let stand 5 minutes. Drain liver and chop it. Add all other ingredients. Mix thoroughly. Shape into loaf. Brush top with additional melted fat. Place loaf in baking dish. Add 1½ cups water. Bake in moderate oven (350° F.) about 1 hour. Baste occasionally. Delicious, if you add 1 cup tomato soup 15 minutes before taking from oven.

A Full Platter

1½ lbs. lamb (shoulder cut)
7 small carrots
1 small onion
1½ tsp. salt
⅛ tsp. pepper
1 egg
4 tbsp. shortening
3 tbsp. flour
1½ c. hot stock or water
1 c. rice

Buy inexpensive cut of lamb. Trim off waste. Put through grinder. Put onion and carrots through grinder (makes 1½ cupfuls). Add seasonings and egg. Mix. Shape into small balls. Roll in flour. Melt fat in skillet. Fry meat balls until brown. Add ½ cup hot water. Cover skillet. Cook slowly 10 minutes. Remove meat to warm place. Add flour to sauce in skillet. Brown smoothly. Add slowly 1 cup hot stock or water. Cook until gravy thickens. Pour over meat balls. In meantime, boil rice rapidly in boiling salted water. When done, drain and arrange around meat. Sprinkle rice with paprika. Decorate with mint jelly.

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Pressed Chicken

1 chicken
Chopped celery
1 small onion, or juice of lemon
Salt and pepper to taste
1 egg, well beaten

Boil chicken, with onion, until meat falls from bones; remove chicken; cook liquor down to 1 cup. Draw to edge of stove and slightly cool liquor. Slowly add the well beaten egg, lemon juice and pepper. Chop chicken, keeping white meat separate. Grease mold, put in layer of dark, then light meat, sprinkle chopped celery until dish is filled. Pour liquor over all, gently mix chicken and liquor. Set on ice until molded.

Swiss Steak

2 lbs. round steak, cut 1½ in. thick
¼ c. flour
1 green pepper, chopped
3 tbsp. bacon drippings
1 onion, chopped fine
1 red pepper, chopped
1 c. boiling water
Salt and pepper to taste
3 tbsp. tomato catsup

Pound flour into steak using edge of saucer. Have bacon fat in hot frying pan. Cook onions and peppers, remove from fat. Brown steak on both sides, add seasoning, boiling water, cooked onion, and pepper. Lower flame (or place in medium oven) for one hour.

Shrimp a la Creole

2 c. diced shrimp
4 hard-boiled eggs, diced
1 small can tomatoes, strained
1 onion, chopped fine
1 green pepper, chopped
¼ c. diced celery
½ c. white sauce
2 tbsp. Worcestershire Sauce
2 tbsp. butter
3 tbsp. flour
Salt and pepper to taste

In a saucepan, heat butter and add minced vegetables and cook until a golden brown.

Add flour, stir and brown slightly. Add tomatoes, sauce, shrimp and eggs. Cook slowly for thirty minutes and serve hot over dry rice or serve from a baking dish or in ramekins. Fresh or canned shrimp may be used.

Liver Loaf

2 c. cooked, chopped liver
1 c. bread crumbs
2 tbsp. shortening
1 tsp. salt
2 eggs—paprika
1 c. grated raw carrot

Mix well, form a loaf, rather moist—if necessary add some of the water in which the liver was boiled (or milk), pour in a well oiled pan. Place in a pan of water and bake until firm.

Drumsticks

1 lb. veal steak
1 lb. pork steak
¾ tsp. salt
⅛ tsp. pepper
¼ c. flour
1 egg
2 tbsp. water
1 c. fine dry bread crumbs
4 tbsp. fat
1 tsp. minced onion
6 wooden skewers

Cut meat into pieces about 1 x 1½ inches. Sprinkle with salt and pepper. Arrange pork and veal alternately on 6 skewers. Press pieces close together and mold into drumstick shapes. Roll in flour. Dip into egg diluted with water. Roll in crumbs. Melt fat in skillet.

When hot, add drumsticks and brown richly on all sides. Add oinon and enough water to cover bottom of skillet. Cover closely. Cook slowly (either on top of stove or in oven) until meat is tender. Serve with pan gravy.

Pork Chops De Luxe

5 pork chops
5 medium-sized apples, pared and cored
4 white potatoes, medium size
6 onions, cut in half
3 tsp. salt
¼ tsp. pepper
1½ c. boiling water
Flour

A large baking dish is necessary for this. If a casserole is not available, a roaster with a cover may be used. Grease the baking dish. Cut the onions in half and place them in the bottom of the dish. Sprinkle with salt. Core the apples. Cut each apple into 4 or 5 rings, and stick the end of a pork chop through these rings. Then place the pork chops and apples over the layer of onions and sprinkle lightly with flour. Fill up the spaces with the potatoes, thinly sliced. Add the remaining salt and the pepper. Pour in the boiling water and cover the baking dish. Bake until tender, which will take a little over 1 hour. Then remove the cover of the baking dish and continue the baking until all the food is a rich golden brown.

Baked Ham

Select an 8 or 10 pound ham and scrub it thoroughly. If very salty, soak it overnight.

For cooking, to each pound of ham allow at least 1 quart of boiling water, or enough to cover. Place the ham in the hot water. To an 8 or 10 pound ham add 1 carrot sliced, 2 stalks celery, 1 tsp. celery salt, 3 sprigs parsley, 1 onion sliced, 2 or 3 bay leaves, and ½ cup strong vinegar. Cover, and simmer for 4 or 5 hours, counting the time from the beginning of the simmering period. Twenty-five minutes to the pound will be about the right time. Test by using a skewer, or a fork with long tines, and turn the ham so it will cook evenly on both sides. Add more hot water as the ham liquor evaporates. The ham should be covered with water during the entire period. After the ham is cool, then cover with the following mixture:

3 c. brown sugar
3 c. fine, soft bread crumbs
½ tsp. mustard
Cider or vinegar to moisten

Mix ingredients and spread over the upper side of the ham until entirely covered. Press long-stemmed, whole cloves into the coated fat at intervals. These help to hold on the paste and also season the meat. Place the ham in a hot over to form a crust quickly, then reduce the temperature and baste frequently with a mixture of ham liquor and cider or vinegar until the ham is evenly browned.

Lamb Barbecue (English)

1 leg lamb
1 qt. water
1 c. flour
2 tbsp. catsup
1 tbsp. hot sauce
2 onions (or use 4 onions and no celery)
1 to 3 stalks celery (according to taste)
1 tsp. salt mixed with pepper

Rub the meat with vinegar and put in fast oven for 30 minutes. Cover with paste made from water, flour, catsup, sauce, onions, celery, and salt and pepper, and baste. Cook until tender.

Meat Ring

1 lb. veal ground
½ lb. ham ground
1 c. dried bread crumbs
2 eggs
½ c. cooked spaghetti
½ c. ground cheese
1 small onion
¼ tsp. salt
½ tsp. pepper

Mix in order given; moisten with milk if needed; put in ring mold and bake 45 minutes.—Mrs. W. B. Harville.

Swiss Steak

4 lbs. round or rump steak about 3 inches thick
3 tbsp. fat
½ c. flour
1½ tsp. salt
2½ c. tomato juice and pulp, or hot water

Sift the flour and salt together, and beat them into the steak with a meat pounder or hammer. Melt the fat in a large heavy iron skillet and sear the meat well on both sides in the hot fat. Pour the tomato juice and pulp or the water over the meat; cover tightly, and let cook slowly for 1½ hours, or until the meat is so tender that it can be cut with a fork. Add more liquid from time to time if needed to keep the meat covered. There should be plenty of rich gravy to serve over the meat. Onions may be added if desired, and should be browned and cooked with the meat.—Mrs. J. D. Giles.

Shepherd's Pie

Grease a baking dish and cover the sides with a thin layer of seasoned mashed potato. Fill the center with well-seasoned, slightly thickened stew, creamed chicken, or creamed fish. There should be no potatoes in the stew. Cover the top with the mashed potato and bake until the pie is hot through and lightly browned on top. A small amount of baking powder or a well-beaten egg adds to the lightness of the potato.—Mrs. J. D. Giles.

Kid

Cut kid into small pieces; start cooking in cold water, adding hot water to keep boiler full of water at all times. Season with black pepper and salt while cooking. Boil until the bones slip from the meat, then it is ready to bake.

Add plenty of fresh butter; set in stove in pan and let bake slowly until well seasoned with the butter and slightly browned. Take up and serve with barbecue sauce.

BARBECUE SAUCE

2 c. vinegar
¼ lb. butter
¼ c. hog lard
2 heaping tbsp. ground grain black pepper.
Salt to season

Mix the articles above in boiler and set on stove and boil for three minutes. Serve this on kid.—Mrs. C. C. Gay.

Kid Steak

Try making steak out of the hind quarter of kid. Cook as you would beefsteak.—Mrs. C. C. Gay.

Meat Loaf

1 can tomato juice
1 onion
2 lb. veal
1 lb. pork
1 bell pepper
1 pickle, dill or sour
1 bunch celery
6 eggs, boiled hard
2 tbsp. vinegar
Salt and pepper to taste
1 envelope of gelatine (plain)

Cook meat; grind in good chopper. Add pepper, pickle, celery, onion, eggs, vinegar, salt. Dissolve gelatine by directions on envelope, using 1 can of tomato juice in place of cold water. Use meat stock in place of boiling water. Mix thoroughly; let stand overnight.

Curried Lamb

1 slice onion
1½ tbsp. butter
1½ tbsp. flour
¾ c. lamb stock
¼ c. curry powder
Cooked lamb
Cooked peas
Steamed rice
Salt and pepper
Parsley

Cook onion, chopped fine, with butter until tender. Add flour and lamb stock, stir until thick and flavor to taste with curry powder, salt and pepper. Add lamb cut in slices free from fat and let stand in the sauce until heated through. Do not allow to boil or the meat will become toughened. Put a row of peas in bottom of greased ring mold and fill with the cooked rice mixed with chopped parsley. Unmold on a hot platter and fill the center with curried lamb. Garnish with peas and sprig of parsley.—Mrs. H. A. King.

Meat Loaf

½ lb. smoked ham
½ lb. pork
½ lb. veal
1 c. sweet milk
3 eggs (raw)
1 tsp. mustard
1 tsp. salt
1 tsp. pepper
1 c. toasted bread crumbs

Mix in order given Bake 1 hour.

Pressed Chicken

Take a large plump chicken; put in kettle and cover with water. Place over moderate fire; let simmer until done; when tender remove meat from bones and run through food chopper. Season with salt and pepper and mix well with liquor in which it was cooked; place in a mould with a light weight on top and let stand over night. When first turned out of mold, garnish with slices of lemon and parsley. Serve in thin slices.—Mrs. W. I. Harrell.

Ham Toast

2 c. ground ham
2 eggs
¾ c. milk
⅛ tsp. mustard
2 tsp. Worcestershire Sauce

Beat eggs well, add ingredients and heat thoroughly. Spread on toast and serve hot.—Mrs. William T. Molette.

Veal Timbales

1 lb. veal
2 eggs
½ tsp. salt
Onion juice
1 c. milk or meat broth
1 tsp. finely chopped parsley
2 tbsp. flour
2 tbsp. butter
Lemon juice to taste

Simmer the veal in a small quantity of water until tender; then put through the meat grinder, using the fine knife. Prepare a sauce of the butter, flour, and liquid. Add to this the well-beaten eggs, the seasonings, and the meat. Mix well. Grease custard cups and pour in the mixture. Bake for ½ hour in a pan surrounded by water. Turn the timbales out and serve hot. Chicken, lamb, or any other left-over meat may be used instead of veal in making timbales.

Roast Veal Shoulder and Stuffing

Remove the shoulder bone, and fill the cavity with a stuffing made as follows:

2 c. dry bread crumbs
4 tbsp. melted butter
½ tsp. salt
¼ tsp. pepper
½ tsp. finely grated onion
A little sage or thyme, if desired

Mix the seasoning with the dry crumbs and moisten with the butter. Place the prepared meat in the roasting pan. Rub drippings over the surface, sprinkle with pepper and salt, and dredge with flour. The flour forms a crust which holds the meat juices. Put the meat in a hot oven, in an uncovered roaster and cook until well browned. Then reduce the heat and cook more slowly until tender. After the meat is removed, add flour and water to make a brown gravy.

Veal Pie

2 lb. veal
1 onion, sliced
4 stalks celery, chopped fine
2 potatoes, diced
3 carrots, diced
1 qt. water
1 tbsp. water
2 tbsp. fat
Salt
Pepper

Cut the meat into small pieces and sear in the fat in a skillet with the sliced onion. Then place in a saucepan with the water and simmer until almost tender. Add the other vegetables and cook for 15 minutes longer. Thicken the liquid slightly with the flour. Add the salt and pepper. Line the sides of a deep baking dish with a thin layer of rich biscuit dough. Pour the meat and vegetable mixture into the dish. Cover with a layer of the biscuit dough. Cut a slit in the top crust so the steam can escape. Bake in a hot oven until the biscuit dough is delicately brown and crisp.

Smothered Chicken

1 chicken weighing about 1½ lbs.
2 slices breakfast bacon
1½ tsp. minced raw tomato (canned tomato may be used)
Salt and pepper to taste
Flour
Butter

The chicken should be split down the back and allowed to stand in salt water over night in a cool place. To cook, use two shallow pans the same size, that fit over each other. Place the chicken breast down; add 1 cup of water; and put over the chicken the bacon, tomato, and onion. Cover and bring to a brisk boil for several minutes. Add salt and pepper and cook very slowly till tender. More water may be added when necessary. When the chicken is tender, turn breast side up, sprinkle with flour and dot liberally with butter. Brown under flame (or in oven). Remove chicken and thicken gravy.

Chicken Pie

1 young chicken
1 c. milk
Salt and pepper to season pie
2½ c. flour made into a pastry

Cut chicken as for frying and boil in about 2 cups of water until done. While chicken is boiling, make up pastry, divide in half and place in ice box to chill. Assemble all ingredients. Roll pastry quite thin, using one-half. Line sides of pan. Place in layer of chicken; add salt and pepper and dot with butter. Cover with strips of pastry. Add other layers of chicken and pastry until all is used. Have milk tepid, add liquid in which chicken was boiled. The liquid milk and water should be about three-fourths or more the depth of the pie. Roll the remaining crust, spread the shortening, fold and roll until all is in. This will require several rollings. When ready, roll and spread over the entire top. Stick with a fork and make generous cross-cut in center. Trim edges if necessary or have top pastry to fit inside the pan. Bake thirty to forty-five minutes until pastry is done and crust brown. Have oven hot, reduce and cook with medium heat. Serve from pan. If pie must be taken from pan, lift off top crust, put pie on platter, using battercake turners for transferring; replace top crust; garnish sides with parsley or fancy shaped crusts. A chicken pie pan should be about three inches deep and seven across the top.—Mrs. J. D. Giles.

Chicken Mousse

Prepare a hen or large chicken, by cooking thoroughly as for chicken salad; remove from bone, keeping white and dark meat separate. Hard cook 1 dozen eggs, peel and keep whites and yolks separate. Put eggs through sieve. Season. Then place all dark meat of chicken cut fine into square loaf pan; next spread over that the minced white of the eggs; next put in a layer of the white meat of chicken cut fine and over this a layer of the egg yolks. Over all pour ½ box gelatine that has been dissolved in 1 cup boiling water. Let cool for several hours and slice and serve as desired.

Chicken a la King

1 hen
1 can mushrooms
3 green peppers
2 pimentos
½ c. cream
1 c. chopped almonds (blanched)
Yolks of 4 eggs
2 c. white sauce
Salt and cayenne pepper to taste

Boil hen tender, as for salad; dice, remove all skin and veins. Make white sauce the usual way. Remove seed from green peppers, boil until tender in salt water; remove the skin and chop with red peppers; blanch and chop almonds. Put all the ingredients into the white sauce while it is hot (in a double boiler); beat yolks and add. Serve on toast or crackers.

Creamed Chicken

One hen, boiled until tender, remove meat from bones, cut in cubes as for salad. Make the usual white sauce and mix with the chicken, usually two cups of chicken will require one or one and a half of white sauce. Season with salt and pepper to taste. Use white or red pepper. Use about four tablespoons of flour for one cup of milk in making the white sauce. Canned mushrooms (or fresh ones) are often put with creamed chicken, as well as celery and pimentoes. The celery is cut small, boiled until tender, drained and added.

Barbecued Sauce

1 qt. meat stock
1 c. vinegar (more or less)
1 tbsp. prepared mustard
2 tbsp. Worcestershire sauce
½ c. tomato or chili sauce
½ lemon rind and juice
1 clove garlic
1 c. minced onion
½ c. butter

Salt and pepper to taste. Mix all together and pour over meat. Baste often.

Brunswick Stew

2 chickens (about 2 lbs. each)
2 or 3 slices bacon
1 large onion
1 pt. butter beans
1 pt. tomatoes, either fresh or stewed
1 pt. corn
½ lb. butter
Salt and pepper to taste

Cut up chickens and cook until tender enough to drop from the bone. Take out bones, add onion, beans, and tomatoes. When nearly done, add the corn, butter, and seasonings and cook until done. Thicken with two tablespoons of flour.

One or two squirrels added to the chicken give a good flavor to the stew.—Mrs. Walter Young.

Chicken Gumbo

1 chicken
1 doz. pods okra
3 ears corn
1 onion
3 qts. water
6 large tomatoes
2 Irish potatoes

Cut chicken ready to fry. Put four slices of bacon in spider and fry out the grease. Lift out bacon, dredge chicken with flour and sauté in bacon grease. Pour over chicken one quart boiling water and cook until it falls from bone. While chicken is cooking, put on vegetables with two quarts of water and cook until done. When chicken is ready, cut fine and add with liquor to the vegetables. Thicken, season and serve.—Mrs. J. D. Giles, Selma, Ala.

Barbecued Chicken

(Recipe for ½ dozen chickens weighing 1½ lbs. each.)

SAUCE

2 c. tomato ketckup
1 c. vinegar
4 tbsp. Worcestershire sauce
2 tbsp. salt
3 tbsp. mustard
½ lb. butter
Dash red pepper
1 lemon

Barbecue either over pit or in stove oven; have sauce in large pan and from time to time, using long fork, remove chicken from fire and dip in the sauce and return to fire, never allowing them to get dry. When thoroughly browned and cooked, pour remaining sauce over them and turn about in pan.

Southern Chicken Pilaf

1 grown fowl
½ lb. bacon
1 c. rice
1 tsp. black pepper
2 tbsp. butter

Put chicken and meat in enough water to cover, simmer until meat will fall off bones. Remove bones and add rice and seasoning; add chicken broth and keep 1½ inches above rice, stirring all the time until thoroughly cooked. Serve in large flat platter.

Chicken a la King

1 grown fowl
1 c. mushrooms
1 pimento
2 egg yolks
Salt
Paprika
1 pt. milk
¼ lb. butter

Cook fowl until meat can be easily taken from bone; cut in large pieces; make medium white sauce and add chicken to sauce. Ten minutes before serving on toast or in ramekins, add mushrooms, pimentoes and egg yolks. Stir gently until it thickens.

Luncheon Chicken

1½ c. cold cooked chicken, cut in small dice
2 tbsp. butter
1 slice carrot, cut in small cubes
1 slice onion
2 tbsp. flour
1 c. chicken stock
Salt
Pepper
⅔ c. buttered cracker crumbs
4 eggs

Cook butter five minutes with vegetables; add flour and gradually the stock. Strain, add chicken dice, and season with salt and pepper. Turn on a slightly buttered platter and sprinkle with cracker crumbs. Make four nests, and in each nest slip an egg; cover eggs with crumbs and bake in a moderate oven until whites of eggs are firm.

Chicken Soufflé

2 c. scalded milk
⅓ c. butter
⅓ c. flour
1 tsp. salt
⅛ tsp. pepper
½ c. stale soft bread crumbs
2 c. cold cooked chicken, finely chopped
Yolk 3 eggs, well beaten
1 tbsp. finely chopped parsley
Whites 3 eggs, beaten stiff

Make a sauce of first five ingredients; add bread crumbs, and cook two minutes. Remove from fire, add chicken, yolks of eggs, and parsley; then fold in whites of eggs. Turn in a buttered pudding-dish and bake thirty-five minutes in a slow oven. Serve with white mushroom sauce. Veal may be used in place of chicken.

Scalloped Turkey

Make one cup of sauce, using two tablespoons butter, two tablespoons flour, one-fourth tablespoon salt, few grains of pepper, and one cup stock (obtained by cooking in water bones and skin of a roast turkey). Cut remnants of cold roast turkey in small pieces (there should be one and one-half cups). Sprinkle bottom of buttered baking-dish with seasoned cracker crumbs, add turkey meat, pour over sauce and sprinkle with buttered cracker crumbs. Bake in a hot oven until crumbs are brown. Turkey, chicken, or veal may be used separately or in combination.

Chicken Sauce Piquant

5 lb. fowl
2 cans tomato sauce
10 or 12 olives
1 glass wine or water
1 large pickle (dill or sour)
1 large onion
4 cloves garlic
1 tsp. red pepper or to taste
Enough shortening to fry fowl
Sprig parsley or bay leaf

Cut fowl and season. Fry in shortening and remove from pot. Chop fine, garlic and onion and fry slightly, then add tomato sauce. Cook until thick. Chop pickle and part olives. Then pour in pint of water and add rest of ingredients with chicken. Cook slowly 3 or 4 hours. Serve hot on rice or spaghetti.—Mrs. Clifford Rush, Plantersville, Ala.

Mixed Hash

1 pt. hashed turkey, chicken or beef
3 small potatoes, diced
1 tbsp. browned flour
1 pt. stock
1 tbsp. butter

Heat butter, add flour and stock; then add potatoes and cook until potatoes are tender. Add hashed meat and serve on toast. A little grated onion may be used if preferred.

Chicken Legs

1 lb. veal
1 lb. pork

Cut in one inch squares, pack on sticks 6 inches long alternately, leaving spaces on each end to hold while eating, put paper frills on both ends to serve. Boil in salted water until tender, remove and dip in two beaten eggs. Roll in bread crumbs and fry in deep fat. (Serving for fifteen.)—Mrs. W. A. Burgess, Orville, Ala.

Mushroom Veal Loaf

2 lbs. veal, ground
½ lb. ham, ground
1 tsp. salt
¼ tsp. pepper
4 tsp. catsup
4 tbsp. prepared horseradish
1 c. grated carrots
1 green pepper, finely cut
1 onion, finely cut
1 beaten egg
1 c. mushrooms cut into small pieces
6 slices bacon

Mix all together well and place in a well oiled tin in the bottom of which four slices of bacon have been arranged. Bake in hot oven 1¼ hours, basting frequently. When serving this loaf, turn out on hot platter and serve with gravy made as follows: To two tablespoons of liquid left in the pan, add one cup of sour cream and one tablespoon flour rubbed to a smooth paste in two tablespoons water. Add salt, pepper and paprika to taste.

Chicken Loaf

2 c. finely cut cooked chicken
1 c. fine bread crumbs
1½ tbsp. butter or chicken fat
½ c. milk
2 eggs
½ c. mashed canned peas
Salt
Paprika
Onion and green pepper fried in butter or chicken fat

Heat the milk, moisten the crumbs with it, and combine with the other ingredients, adding the beaten eggs last. Place the mixture in a greased baking dish or pan and bake in a moderate oven for 1 hour, or until firm and brown. Turn out on a platter and serve cold. Garnish with sliced tomato.

Fricasseed Chicken with Dumplings

Dress the fowl and cut into pieces for serving. Roll each piece in flour and brown in hot fat. Browning the chicken before cooking it helps retain and develop the flavor. After the pieces are browned, simmer until tender in enough water to cover. When it is done, take the chicken out and cook dumplings in the gravy. Serve the chicken in the center of a platter, with the dumplings around the edges. Pour the gravy over the chicken.

Dumplings

1 c. flour, sifted
2½ tsp. baking powder
½ tsp. salt
1 egg
5½ tbsp. milk

Sift the flour, baking powder, and salt together. Beat the eggs well, add the milk, and mix the dry ingredients. Drop by small spoonfuls into the chicken gravy. Cover tightly and cook for 15 minutes. The top must not be removed while the dumplings are cooking. If the steam escapes, the dumplings will not be light.

Giblet Gravy

Save the giblets, heart, liver, and gizzard for gravy. Bake in the pan beside the turkey or put through the meat chopper and simmer in a quart of water while the turkey is baking. Measure the liquid. To thicken it, use 2 tablespoons of flour blended with an equal quantity of turkey fat to each cup of liquid. Stir gradually into the hot liquid. Add salt and pepper according to taste.

Roast Pork

Wipe pork, sprinkle with salt and pepper, place on a rack in a dripping-pan, and dredge meat and bottom of pan with flour. Bake in a moderate oven three or four hours, basting every fifteen minutes with fat in pan. Make a gravy as for other roasts.

Broiled Ham

Soak thin slices of ham one hour in lukewarm water. Drain, wipe, and broil three minutes.

Sausages

Cut apart a string of sausages. Pierce each sausage several times with a carving fork. Put in frying-pan, cover with boiling water, and cook fifteen minutes; drain, return to frying-pan, and fry until well browned. Serve with fried apples. Sausages are often broiled same as bacon and apples baked in pan under them.

Roast Chicken

Dress, clean, stuff, and truss a chicken. Place on its back on rack in a dripping-pan. Rub entire surface with salt, and spread breast and legs with three tablespoons butter, rubbed until creamy and mixed with two tablespoons flour. Dredge bottom of pan with flour. Place in a hot oven, and when flour is well browned, reduce the heat, then baste. Continue basting, using one-fourth cup butter, melted in two-thirds cup boiling water, and after this is gone, use fat in pan and when necessary to prevent flour burning, add one cup boiling water. During cooking, turn chicken frequently that it may brown evenly. If a thick crust is desired, dredge bird with flour two or three times during cooking. If a glazed surface is preferred, spread bird with butter, omitting flour, and do not dredge during baking. When breast is tender, bird is sufficiently cooked. A four-pound chicken requires about one and one-half hours.

Stuffing

1 c. cracker crumbs
⅓ c. butter
⅓ c. boiling water
Salt and pepper
Powdered sage, summer savory, or marjoram

Melt butter in water, and pour over crackers, to which seasonings have been added.

Roast Wild Duck

Dress and clean a wild duck and truss as goose. Place on rack in dripping-pan, sprinkle with salt and pepper, and cover breasts with two very thin slices fat salt pork. Bake twenty to thirty minutes in a very hot oven, basting every five minutes with fat in pan; cut string and remove string and skewers. Serve with Orange or Olive Sauce. Currant jelly should accompany a duck course. Domestic ducks should always be well cooked, requiring little more than twice the time allowed for wild ducks.

Ducks are sometimes stuffed with apples, pared, cored, and cut in quarters, or three small onions may be put in body of duck to improve flavor. Neither apples nor onions are to be served. If a stuffing to be eaten is desired, cover pieces of dry bread with boiling water; as soon as bread has absorbed water, press out the water; season bread with salt, pepper, melted butter, finely chopped onion, or use:

Duck Stuffing (Peanut)

¾ c. cracker crumbs
½ c. shelled peanuts, finely chopped
½ c. heavy cream
2 tbsp. butter
Few drops onion juice
Salt and pepper
Cayenne

Mix ingredients in the order given above.

Venison Cutlets

Clean and trim slices of venison cut from loin. Sprinkle with salt and pepper, brush over with melted butter of olive oil, and roll in soft stale bread crumbs. Place in a broiler and broil five minutes, or sauté in butter. Serve with Port Wine sauce.

Creamed Chicken

2 c. cold cooked chicken, cut in dice
2 c. white sauce
⅛ tsp. celery salt

Heat chicken, dice in sauce to which celery salt has been added.

Meat Loaf, with Tomato Sauce Covering

2 lbs. meat for loaf
3 eggs
½ c. diced celery
2 diced green bell peppers
1 small can pimentos
1 c. cracker crumbs
1 c. milk
Seasoning of salt and pepper to taste

Mix in order given, put mixture in pan and pour over it one can tomatoes. Cook slowly.

Chicken Gumbo

Dress, clean, and cut up a chicken. Sprinkle with salt and pepper, dredge with flour, and sauté in pork fat. Fry one-half finely chopped onion in fat remaining in frying pan. Add four cups sliced okra, sprig of parsley, and one-fourth red pepper finely chopped, and cook slowly fifteen minutes. Add to chicken, with one and one-half cups tomato, three cups boiling water, and one and one-half teaspoons salt. Cook slowly until chicken is tender, then add one cup boiled rice.

Chicken Pie

Dress, clean, and cut up two fowls or chickens. Put in a stewpan with one-half onion, sprig of parsley, and bit of bay leaf; cover with boiling water and cook slowly until tender. When chicken is half cooked, add one-half tablespoon salt and one-eighth teaspoon pepper. Remove chicken, strain stock, skim off fat, and then cook until reduced to four cups. Thicken stock with one-third cup flour diluted with enough cold water to pour easily. Place a small cup in center of baking-dish, arrange around it pieces of chicken, removing some of the larger bones; pour over gravy and cool. Cover with pie-crust in which several incisions have been made, that there may be an outlet for escape of steam and gases. Wet edge of crust and put around a rim, having rim come close to edge. Bake in a moderate oven until crust is well risen and browned. Roll remnants of pastry and cut in diamond-shaped pieces; bake and serve with pie when reheated. If puff paste is used, it is best to bake top separately.

Roast Turkey

Dress, clean, stuff, and truss a ten-pound turkey. Place on its side on rack in a dripping-pan, rub entire surface with salt, and spread breast, legs, and wings with one-third cup butter, rubbed until creamy and mixed with one-fourth cup flour. Dredge bottom of pan with flour. Place in a hot oven and when flour on turkey begins to brown, reduce heat and baste every fifteen minutes until turkey is cooked, which will require about three hours. For basting use one-half cup butter melted in one-half cup boiling water and after this is used baste with fat in pan. Pour water in pan during the cooking as needed to prevent flour burning. During cooking turn turkey frequently, that it may brown evenly. If turkey is browning too fast, cover with buttered paper to prevent burning. Remove string and skewers before serving. Garnish with parsley, or celery tips, or curled celery and rings and discs of carrots strung on fine wire.

Turkey is often roasted with Chestnut Stuffing, Oyster Stuffing, or Turkey Stuffing (Swedish Style).

Sausage Rolls

Sausage rolls are both attractive and appetizing as a luncheon dish. Make a baking powder dough and roll it to one-fourth inch thickness. Cut into oblongs three inches long and two inches wide. In the meantime cook 12 sausages in a frying pan until tender, but not crisp. Roll one sausage in each oblong of dough; press the sides together, leaving the ends open. Lay in a greased pan with the whole side up. Brush the surface of each roll with milk and bake in a 405 degree oven for 15 minutes. When baked lay symmetrically on a hot platter and surround with peas in white sauce, creamed sliced eggs or fried apples and serve at once.

Scrapple

Boil a pig's head until thoroughly done. Use the meat to make souse or hog's head cheese. Add to the liquor left, sifted corn meal, red pepper (pod), sage, and salt to taste. Cook until quite thick. Care must be taken not to put too much corn meal, but allow for the thickening. Then set away to get cool. Slice rather thin and fry in slightly greased pan until brown.

Meat Loaf

1 lb. round steak or veal (ground)
½ lb. lean pork (ground)
1 c. cracker crumbs
3 eggs

2 tsp. salt
1 tbsp. chopped onion
1½ c. sweet milk
Pepper to taste

Mix ground meats, cracker crumbs, beaten eggs, salt, onion, pepper, and sweet milk using large mixing spoon. Pour into oiled loaf pan and bake slowly.—Mrs. C. E. Cook, Summerfield, Ala.

Hamburg Steaks

Chop finely one pound lean raw beef; season highly with salt, pepper, and a few drops onion juice or one-half shallot finely chopped. Shape cook, and serve as meat cakes. A few gratings of nutmeg and one egg slightly beaten may be added.

Deviled Crabs

1 small can deviled crabs
2 well beaten eggs
2 tbsp. butter
¼ tsp. powdered mustard
1 c. cracker crumbs (soften with little water)
½ c. onion, chopped very fine
1 tbsp. sour pickle, chopped

Season with salt and pepper to taste; mix thoroughly and pack into about a dozen shells.

Clam Chowder

1 qt. shucked clams
2 small potatoes
1 onion, medium, cut in small pieces
2 slices bacon, cut in small pieces or equal quantity of salt pork
½ tsp. salt
Few drops tabasco
2 tbsp. flour

Remove the clams from the liquor and strain the liquor through cheese cloth or a very fine wire strainer to remove any small pieces of shell. Crisp the bacon and remove it from the fat and break into small pieces. If salt pork is used cut it into dice before frying. Cook the onion in the meat fat until yellow and then add the flour. Pour most of the clam liquor into the pan slowly and cook until thickened. Cook the clams below the boiling point in the remainder of the liquor for two or three minutes; then put the clams through the fine knife of a meat grinder, taking care to catch the juice which is pressed from them while grinding. Add the milk to the thickened clam juice, the salt, the bacon or salt pork, the ground clams, and the remainder of the juice. Bring to the boiling point. Sprinkle finely chopped parsley over the top and serve over crackers.

Fish Croquettes

To one and one-half cups cold flaked halibut or salmon add one cup thick white sauce. Season with salt and pepper, and spread on a plate to cool. Shape, roll in crumbs, egg, and crumbs, and fry in deep fat; drain, arrange on hot dish for serving, and garnish with parsley. If salmon is used, add lemon juice and finely chopped parsley.

Codfish Balls

1½ c. (packed) salt codfish, shredded
3 c. mashed potatoes, seasoned with milk and butter
2 eggs

Shred the fish, soak in the cold water until freshened, and cook until tender. Place the fish in a double layer of cheese cloth and press out all the liquid. Mix the cooked codfish with the hot mashed potatoes and the well beaten eggs. Beat until light. Drop by spoonfuls into hot fat and fry to a golden brown. Drain on paper and serve as soon as possible.

Rabbit in Tomato Sauce

1 large rabbit
2 tbsp. fat
1½ c. tomato pulp and juice
1 large onion chopped fine
2 tsp. salt
Pepper
3 c. water

Dip the pieces of rabbit in flour and brown the fat in a deep iron skillet. Add the chopped onions and tomato juice with the seasonings and the boiling water. Cover and let simmer on top the stove or in the oven for 1 hour. The tomato sauce cooks down and gives a very good flavor to the rabbit. A little more thickening may need to be added just before serving.

Rabbit En Casserole

8 slices bacon
1 large rabbit cut into pieces
2 medium-sized potatoes
2 small onions
2 c. hot water
1 tsp. salt
¼ tsp. pepper

Fry the bacon until light brown. Remove it from the fat. Use this bacon fat to brown the rabbit, which has been dipped in flour. Arrange in a casserole or a baking dish the pieces of rabbit, the strips of bacon and slices of onions and potatoes. Dredge lightly with flour. Pour the hot water over all. Cover and cook slowly for 2 hours.

Scalloped Salmon

1 lb. can of salmon
1¼ c. milk
2 tbsp. flour
2 tbsp. butter
¼ tsp. salt
½ c. buttered bread crumbs

Prepare a sauce of the milk, flour, and butter. Place a layer of the salmon in the bottom of a greased baking dish. Pour some of the sauce over the salmon. Add another layer of salmon, then more sauce. Cover the top with buttered bread crumbs. Bake until the sauce bubbles and the crumbs are brown.

Fish Stuffing

½ c. cracker crumbs (4 crackers)
½ c. stale bread crumbs
¼ c. melted butter
¼ tsp. salt
⅛ tsp. pepper
Few drops onion juice
¼ c. hot water

Mix ingredients in order given.

Baked Haddock with Stuffing

Clean a four-pound haddock, sprinkle with salt inside and out, stuff, and sew. Cut five diagonal gashes on each side of backbone and insert narrow strips of fat salt pork, having gashes on one side come between gashes on other side. Shape with skewers in form of letter S, and fasten skewers with small twine. Place on greased fish-sheet in a dripping-pan, sprinkle with salt and pepper, brush over with melted butter, dredge with flour, and place around fish small pieces of fat salt pork. Bake one hour in hot oven, basting as soon as fat is tried out and continue basting every ten minutes. Serve with Drawn Butter, Egg, or Hollandaise Sauce. Garnish with lemon and parsley.

Broiled Oysters

Wash and wipe dry, large oysters. Brush with butter, pepper and salt after placing in pan. Run in hot oven and broil until oysters curl. Serve with horseradish or lemon sauce.—Mrs. J. D. Giles.

To Fry Oysters

Wash and wipe dry large oysters. Sprinkle with salt. Dip in beaten egg then roll in cracker crumb or meal; drop in hot fat. Cook brown. Serve hot.—Mrs. J. D. Giles.

Creamed Oysters

1 qt. oysters	½ c. butter
2½ c. milk and oyster liquor	½ c. flour
1 tsp. salt	⅛ tsp. pepper
¼ tsp. onion juice if desired	

Cook the oysters in their liquor until the edges begin to curl; strain off the liquor. To this add enough milk to make 2½ cups. Melt butter and add flour, stirring until blended; add the liquid; cook for 5 or 10 minutes to do away with the starchy flavor of the flour; add the oysters and seasoning and serve at once on hot toast.—Mrs. E. F. Epp, Marion Jct., Ala.

Oyster Cocktail

6 raw oysters	3 drops tabasco
¾ tbsp. lemon juice	Salt to taste
½ tbsp. catsup	1 tbsp. celery chopped fine
Few gratings horseradish	½ tsp. Worcestershire sauce

Mix ingredients, chill thoroughly and serve in cocktail glasses.

Oyster Stew

1 qt. oysters	½ tsp. salt
1 c. scalded milk	⅛ tsp. pepper
¼ c. butter	

Clean oysters by placing in a colander and pouring over them ¾ cups cold water. Gradually pick over the oysters, reserve liquor, and heat to boiling point. Strain, add oysters and cook.

Baked Salmon

1 can salmon	1 c. sweet milk
2 eggs	¼ c. butter
1 c. bread crumbs	Pepper and salt to taste

Mash salmon and add ingredients in order given and put in small pan. Bake until brown.

Sauces for Fish, Meats, and Vegetables:

Egg Sauce

2 c. white sauce No. II	1 tbsp. chopped parsley
2 hard cooked eggs	

Cut the eggs in small pieces, mix with white sauce and parsley and serve hot over fish.

Hollandaise Sauce

½ c. butter	¼ tsp. salt
4 yolks of eggs	1/16 tsp. cayenne
1½ tbsp. lemon juice	½ c. boiling water

Cream butter, add yolks one at a time and beat well, then add seasoning and lemon juice. A short time before serving add water, cook in a double boiler and when mixture thickens serve at once or it will curdle. Use with fish, asparagus, etc.

Maitre D'Hotel Sauce

¼ c. butter
½ tsp. salt
½ tbsp. finely chopped parsley
1 tbsp. lemon juice
⅛ tsp. pepper

Cream butter, add lemon juice very slowly and stir in other ingredients. Spread over hot fish.

Tartare Sauce

1 c. mayonnaise dressing
½ tbsp. capers
½ tbsp. chopped olives
½ tbsp. chopped pickles
½ tbsp. chopped parsley

Mix together and serve cold with fish.

Mint Sauce

1 tbsp. finely chopped mint leaves
1 tbsp. powdered sugar
½ c. vinegar

Add sugar to vinegar, when dissolved pour over mint and let stand 30 minutes on back of stove. Vinegar is strong, dilute with water. Serve with lamb.

Barbecue Sauce

1 c. vinegar
1 c. water
½ c. ketchup
½ stick butter
1 tbsp. sugar
Salt and red pepper to taste
½ tsp. tobasco sauce
½ lemon thinly sliced

Combine ingredients and boil three to five minutes. Remove lemon slices just before serving.

Hollandaise Sauce

½ c. butter
Yolks 2 eggs
1 tbsp. lemon juice
¼ tsp. salt
Few grains cayenne
⅓ c. boiling water

Put butter in a bowl, cover with cold water, and wash, using a spoon. Divide in three pieces; put one piece in a saucepan with yolks of eggs and lemon juice. Place saucepan in a larger one containing boiling water, and stir constantly with a wire whisk until butter is melted; then add second piece of butter, and, as it thickens, third piece. Add water, cook one minute, and season with salt and cayenne. If mixture curdles, add two tablespoons heavy cream.

Hard Sauce

⅓ c. butter
1 c. powdered sugar
⅓ tsp. lemon extract
⅔ tsp. vanilla

Cream the butter, add sugar gradually, and flavoring.

Horseradish Sauce

3 tbsp. grated horseradish root
1 tbsp. vinegar
¼ tsp. salt
Few grains cayenne
4 tbsp. heavy cream

Mix first four ingredients, an add cream beaten stiff.

White Sauce

2 tbsp. butter
3 tbsp. flour
1 c. milk
¼ tsp. salt
Few grains pepper

Put butter in saucepan, stir until melted and bubbling, add flour mixed with seasonings, and stir until thoroughly blended. Then pour on gradually while stirring constantly the milk, bring to the boiling-point and let boil two minutes. If a wire whisk is used, all the milk may be added at once.

Tartare Sauce No. 1

1 tbsp. vinegar
1 tsp. lemon juice
¼ tsp. salt
1 tbsp. Worcestershire sauce
⅓ c. butter

Mix vinegar, lemon juice, salt, and Worcestershire Sauce in a small bowl, and heat over hot water. Brown the butter in an omelet pan, and strain into first mixture.

Spanish Sauce

2 tbsp. finely chopped lean raw ham
2 tbsp. chopped celery
2 tbsp. chopped carrot
1 tbsp. chopped onion
¼ c. butter
¼ c. flour
1⅓ c. brown stock
⅔ c. stewed and strained tomatoes
Salt and pepper

Cook ham and vegetables with butter until butter is well browned; add flour, stock, and tomatoes; cook five minutes, then strain. Season with salt and pepper.

Bechamel Sauce

1½ c. white stock
1 slice onion
1 slice carrot
Bit of bay leaf
Sprig of parsley
6 peppercorns
¼ c. butter
¼ c. flour
1 c. scalded milk
½ tsp. salt
⅛ tsp. pepper

Cook stock twenty minutes with onion, carrot, bay leaf, parsley, and peppercorns; then strain. There should be one cupful. Melt the butter, add flour, and gradually hot stock and milk. Season with salt and pepper.

Tomato Sauce

½ can tomatoes or
1¾ c. fresh stewed tomatoes
1 slice onion
3 tbsp. butter
3 tbsp. flour
¼ tsp. salt
⅛ tsp. pepper

Cook onion with tomatoes fifteen minutes, rub through a strainer, and add to butter and flour (to which seasoning has been added) cooked together. If tomatoes are very acid, add a few grains of soda. If tomatoes are to retain their red color, it is necessary to brown butter and flour together before adding the tomatoes.

Tartare Sauce No. 2

1 c. mayonnaise
1 small onion grated
1 chopped cucumber pickle
1 tbsp. chopped parsley
1 tbsp. capers

Serve with croquettes, fish, oysters, jellied chicken and cold tongue.

Salads

Combinations of Vegetables that Make Good Salads:

Tomatoes, chestnuts, green pepper, celery or cabbage, and any salad green.

Artichoke, cucumber, and lettuce or cress.

Mushrooms, celery, apple, and cress.

Shredded cabbage, onion, tomatoes, and any salad green.

Asparagus tips and lettuce.

Potatoes, string beans, beets, peas, and any salad green.

Shredded celery, lettuce, and romaine.

Brussels sprouts, chestnuts, celery or cabbage, and any salad green.

Sliced tomatoes, cucumber, and cress.

Cauliflower, asparagus, radishes or carrots, and any salad green.

Sliced carrots, peas, and lettuce.

Eggplant, parsley, celery, tomato, onion, green pepper, and lettuce.

Sliced beets, cress, and lettuce.

String beans, celery, pimentos or green peppers, and any salad green.

Shredded cabbage, pimentos, and cress.

Beets, potatoes, tomatoes, gherkins, onion, hard cooked eggs and lettuce.

Sliced radishes and lettuce or romaine.

Tomatoes, string beans, potatoes, cauliflower, and lettuce.

Cucumber, spinach, peas, cold slaw, and cress.

Cauliflower, snappy cheese, and lettuce.

Combinations of Meat that Make Good Salads:

Chicken, stuffed olives, celery, salted almonds and any salad green.

Salmon, hard cooked eggs, celery, sweet pickle, dash of onion juice, and any salad green.

Chicken, green peas, celery, rice, pimento, and any salad green.

Minced ham, cottage cheese, pickled onions, and any salad green.

Crisp bacon, thin slices of onion, and shredded lettuce.

Chicken, veal or lamb, celery, cucumber, and lettuce.

Game (duck, rabbit, or guinea hen), celery, mushrooms, green lima beans, eggplant, and lettuce or cress.

Tuna fish, celery, pimentos, and lettuce or cress.

Lobster, crabmeat, halibut, green peppers, cabbage or celery, and cress.

Diced lamb or tongue, celery or cabbage, peas, and any salad green.

Shrimp, celery or cucumber, stuffed olives, and lettuce.

Finnan Haddie, hard cooked egg, pimento, green pepper, celery, and any salad green.

Veal or roast pork, minced green pepper or pimento, celery or cucumber, tomatoes, and lettuce or cress.

Oysters, celery, horseradish, pimento, green pepper, and lettuce.

Diced ham, celery or cabbage, cucumber, tomatoes, and any salad green.

Minced corned beef, cooked beets, deviled eggs and any salad green.

Salads are made from cold cooked meats, fish, vegetables, both raw and cooked fruits, or nuts, or a combination of them mixed with a dressing of fat, acid, and seasonings.

The salad plants should be clean, crisp, cold, and dry, and the material cut in uniform sizes. Such materials as meat, fish, potatoes, etc., which will absorb dressing, may be marinated or mixed with French dressing, chilled, and drained of excess dressing before serving. Mix salad ingredients at the last minute—otherwise the dressing will run and lettuce become wilted.

Garnish salad attractively, but do not over-garnish.

Use your ingenuity to get variety.

Cranberry Salad

1 qt. raw cranberries
1 c. sugar
2 c. pecans
1 c. grated pineapple
1 pkg. gelatine

Grind cranberries through meat chopper, add sugar and pineapple. Dissolve gelatine in boiling pineapple juice, add nuts last. Pour into mold and place in cold place.

Fruit Salad

6 large apples, chipped
3 oranges, chipped
1 can pineapple, chipped
1 c. nuts
1 box marshmallows, quartered

Drain off juice and mix with the following:

CREAM DRESSING

2 egg yolks
3 tbsp. vinegar
Pinch Cayenne pepper
½ tsp. salt
1 tbsp. sugar
2 tbsp. butter

Beat eggs; add vinegar, butter, salt and pepper; cook in double boiler until thick and smooth. Chill; add 1 cup whipped cream just before serving.—Mrs. F. W. Moseley, Orrville, Ala.

Cucumber Salad

Pare and dice as many cucumbers as needed with 1 or more onions. Make a dressing of vinegar, sugar, salt, and butter cooked together. Let cool, then pour over the cucumbers and onions.

Manhattan Salad

1 box lemon jello
1 c. apples
1 c. celery
1 c. nuts

Dissolve jello; let cool; chop apples, nuts, celery; add a pinch of salt. Mix into jello and place in molds. Let stand overnight. Good to serve with meats.

Under the Sea Salad

1 pkg. lime jello
1½ c. boiling water
½ c. juice from canned pears
¼ tsp. salt
1 tsp. vinegar
2 c. canned pears, diced
2 pkgs. cream cheese (6 oz.)

Dissolve jello in 1½ cups boiling water. Add pear juice, salt, vinegar. Pour ½ inch layer in loaf pan. Chill until firm. Chill remaining jello mixture until cold and syrupy. Put in cold place and whip until fluffy and thick like whipped cream. Cream cheese. Fold in whipped jello mixture gradually. Then fold in pears. Pour over firm first layer of jello. Chill until firm and serve on crisp lettuce with mayonnaise.

Frozen Fruit Salad

1 can white cherries
1 bottle red cherries
1 can sliced pineapple
3 bananas
3 apples
3 oranges or 1 grape fruit
3 lemons
1 box marshmallows
3 c. mayonnaise
3 c. whipped cream

Mix and freeze and serve on lettuce.

Vegetable Salad

1 c. celery, cut fine
1 c. carrots, chopped
1 c. cooked English peas
3 tomatoes, chopped fine

Mix with mayonnaise, serve on lettuce leaves and garnish with strips of red and green peppers.—Mrs. George F. Maxwell.

Stuffed Tomato Salad

6 medium sized tomatoes, peeled
⅛ tsp. salt
⅓ c. mayonnaise
2 c. cucumber, diced

Remove thin skin from stem-end of each tomato and take out part of pulp. Sprinkle inside with salt, invert and chill about 30 minutes. Add salt to mayonnaise, add to cucumber and toss together lightly. Pile lightly in tomatoes and sprinkle top with paprika. Serve on lettuce leaf.

Vegetable Salad

1½ c. shredded cabbage
1 c. celery
¼ c. carrots
½ c. peas
¼ c. pimento
¾ c. green beans
1 tsp. salt
½ c. sugar
½ c. cold water
2 tbsp. gelatine
¼ c. mild vinegar
2 tbsp. lemon juice
2 tbsp. Worcestershire sauce
1½ c. boiling water

Soak gelatine in cold water about 5 minutes; add vinegar, lemon, Worcestershire, boiling water, sugar, salt and cook. When mixture thickens, add remaining ingredients. Turn in wet mold and chill. Garnish with beans and pimento. Turn out on bed of lettuce. Serve with mayonnaise.

Frozen Fruit Salad

1 can pineapple
2 bottles red cherries
5 bananas
3 oranges
3 apples
Salt to taste
1 c. pears
1 c. peaches
2 doz. marshmallows
2½ c. whipped cream
1 c. mayonnaise

Mix thoroughly and freeze.—Mrs. Charlie Wilson.

Congealed Salad

1⅓ c. grated carrots
1 small can grated pineapple, drained
1 package orange of lemon jello

Prepare jello according to directions. When it begins to congeal, add the carrots, over which a scant teaspoon of salt has been sprinkled, and serve on lettuce.—Mrs. George F. Maxwell.

Sweet Slaw

1 medium cabbage, shredded
3 red apples, diced unpeeled
3 bananas, diced
3 slices pineapple, diced
½ c. celery, diced
½ c. mayonnaise
½ c. whipped cream
1 tsp. lemon juice
½ tsp. salt

Mix cabbage, apples, bananas, pineapple, and celery with dressing made from the other ingredients.—Virginia Burgess, Orrville. Ala.

Tomato Aspic Mold

3 c. clear tomato juice
1 onion, sliced
1 bay leaf
⅛ tsp. ground cloves
¼ c. lemon juice
Salt, pepper, cayenne
1½ tsp. Worcestershire sauce
2 tbsp. gelatine
½ c. cold water
Asparagus tips
Lettuce

Cook tomato juice, oinon, bay leaf, and cloves 5 minutes. Strain; add lemon juice, seasonings, Worcestershire, and gelatine soaked in cold water. Pour into a fluted mold. Chill, unmold and garnish with asparagus tips and small nests of lettuce filled with mayonnaise.

Cranberry Delight

1 qt. ground cranberries
1 small can grated pineapple
1 envelope plain Knox gelatine
1 c. nuts

To each cup of cranberries add one cup of sugar and let stand awhile. Drain juice off pineapple and add 2 cups water. Heat dissolved gelatine in cup cold water and add to mixture. Mix pineapple and nuts with cranberries and stir in cool gelatine. Pour into molds. (Serving for 24.)—Virginia Burgess, Orrville, Ala.

Salmon Salad Mold

2 tbsp. gelatine
½ c. cold water
⅓ c. lemon juice
1 large can salmon (2 c. when flaked)
1 c. mayonnaise
1 c. chopped celery
¼ c. chopped green pepper
1 tsp. chopped onion
Salt, pepper

Soak gelatine in cold water, dissolve over hot water. Add lemon juice. When cold, mix lightly with remaining ingredients, using seasonings to taste. Pour into a fish mold. When firm, unmold on a platter, garnish with slices of stuffed olive, and surround with small lettuce-leaf cups filled with mayonnaise.

Macaroni and Tomato Salad

1 c. macaroni
3 large ripe tomatoes
½ tsp. grated oinon
⅓ c. mayonnaise or French dressing

Break macaroni into 2 inch pieces and cook in boiling water until tender. Drain and chill. Peel and chill tomatoes and cut in eighths. Combine all ingredients, sprinkle with paprika and serve on lettuce. Serves six people.

Frozen Fruit Salad

1 large can pineapple
1 large can white cherries
1 grapefruit
3 oranges
1 lb. marshmallows
1 lb. blanched almonds
½ lb. American creamed cheese
4 c. whipped cream

Cut fruit and nuts into cubes, mash cheese and mix all ingredients in freezer or molds 5 or 6 hours. Serve with mayonnaise or sweet salad dressing.

Cottage Cheese Salad

1 lb. unsalted cottage cheese
1½ c. sour cream
1 bunch button radishes
1 medium size cucumber
1 bunch green onions
2 tsp. salt
¼ tsp. pepper
Few grains cayenne
Paprika
Lettuce

Slice the radishes without paring them. Pare the cucumber and cut in dice. Use the white and very pale green portions of the onions, peel, and cut in slices. Toss the vegetables lightly together to mix them. Add the seasonings to the cheese and then add the cream, stirring it in well. Then add the vegetables to the cheese mixture. Chill thoroughly and serve on crisp leaves of lettuce; sprinkle with paprika. The recipe will serve eight generously. It is an excellent luncheon salad.

Apple Peanut Salad

Pare, core and chop slightly, acid apples and mix them with half as much celery. Mix peanut butter dressing, using 5 tablespoons lemon juice to 1 tablespoon peanut butter; mix dressing through the apples and celery and season with salt and cayenne pepper; chill the salad.

Sunshine Salad

2 tbsp. gelatine
½ c. peach juice
1 c. orange juice
¼ c. powdered sugar
½ c. nut meats
1 c. chopped peaches
1 c. chopped red cherries
¾ c. mayonnaise
1 c. cream, whipped
Lettuce

Soak gelatine in cold peach juice; dissolve over hot water. Add orange juice and sugar. When cold and beginning to thicken, add nut meats, chopped fruit, mayonnaise and whipped cream. Pour into a mold. To serve, unmold on a platter and surround with small crisp leaves of lettuce.—Mrs. R. F. Harrell, Atlanta, Ga.

Molded Pear Salad

1 package lime gelatine
1 pt. boiling water
Pear halves
Mayonnaise

Dissolve gelatine in boiling water. Put pear halves together to form whole pears, fastening each with four toothpicks. When the gelatine begins to set, fill deep molds with it, placing a whole pear, stem end down, in each mold. Hold pear in place for a few moments, until the gelatine sets. Place in refrigerator.

When firm, unmold each serving on a lettuce leaf, placing all on a platter. Garnish center of platter with mayonnaise forced through a pastry tube into a lettuce cup; place a preserved fig between each mold on edge of platter.

Pear Macaroon Salad

Lettuce
"Philadelphia" cream cheese
Canned pear halves
Macaroon crumbs
Lettuce
Maraschino cherries
Mayonnaise or French dressing

Slightly soften the cheese with a very small amount of milk. Spread a layer between two halves of pear. Dip the whole pear in macaroon crumbs. (Use dry macaroons, rolled fine.) Place on crisp lettuce, garnish with a maraschino cherry and serve with mayonnaise or French dressing.

Peach Salad Dressing

½ c. syrup from canned or cooked peaches
1 tbsp. sugar
2 egg yolks
⅛ tsp. salt
1½ tsp. lemon juice
⅛ tsp. paprika

Scald the peach syrup. Pour over the yolks of eggs which have been beaten until light with the sugar, salt, and paprika. Return to the stove and cook over hot water until mixture thickens. Add the lemon juice slowly, and chill before serving. This dressing is suitable for any fruit salad.

Potato Salad

2 c. cold cooked potatoes, diced
½ c. diced cucumbers
½ c. diced celery
2 hard cooked eggs
1 tsp. salt
1 tsp. pepper
½ tsp. onion juice
1 c. boiled dressing
1 tsp. finely chopped parsley

Cut eggs into small pieces and add the other ingredients, tossing lightly with a fork. Arrange on a bed of lettuce, and garnish with celery tips, parsley, or strips of green and red peppers.

Cole-Slaw

1 cabbage head
½ c. vinegar
1 tbsp. oil or melted butter
½ tsp. salt
¼ tsp. pepper

Shred the cabbage, and heap on a dish. Combine the other ingredients and pour over cabbage. Mix well with a fork. A boiled dressing may be used, and chopped green peppers and celery added. Sliced tomatoes around the edge add color as well as flavor.

Vitamin Salad

½ c. chopped green peppers
1 c. raisins
2 c. shredded cabbage
1 c. shredded carrots
1 c. mayonnaise
1 c. shredded turnips
1 c. finely sliced celery
1 tbsp. cold water
1 tbsp. gelatine
¼ c. catsup

Soften gelatine in cold water; dissolve over hot water. Combine vegetables, raisins, catsup and mayonnaise. Season with salt and mustard; add gelatine; mix salt and mustard.

Grape Fruit and Shrimp Salad

2 grapefruit sections free from membrane
18 fresh shrimp, cooked and chilled
½ c. mayonnaise

Arrange grapefruit sections like spokes of wheel on crisp lettuce, arrange shrimp on top of grapefruit and top with mayonnaise.

Fruit Salad

1 c. diced apples
1 c. diced pineapple
1 c. oranges cut in pieces
½ c. nuts cut in pieces
½ c. French dressing

Marinate the ingredients with the dressing and serve on lettuce.
—Elma Sanderson.

Sunset Salad

1 small can pineapple less juice
½ lb. marshmallows
½ c. nut meats
2 c. raw carrots run through food chopper
1 box lemon jello

Allow to harden in a square pan, cut in cubes, arrange on a lettuce leaf and top with a spoon full of mayonnaise.—Sarah Campbell.

Argylle Salad

4 egg yolks
1 tbsp. sugar
½ tsp. mustard
¼ tsp. salt
1 tsp. butter
4 tsp. vinegar
2 boxes marshmallows
1 lb. blanched almonds
1 pt. cream
1 large can sliced pineapple

Cut pineapple and marshmallows into small pieces, chop almonds, whip cream, cook the egg yolk, sugar, mustard, salt, butter, and vinegar over slow fire stirring constantly until thick and smooth. Cool and slowly mix the cream into this mixture, add pineapple, nuts and marshmallows. Let stand several hours in ice box to ripen.

Ham and Raisin Salad

½ c. puffed raisins
1 tbsp. gelatine
¼ c. cold water
1 c. boiling water
1 tbsp. vinegar
1 tsp. table sauce
¼ tsp. pepper
1 c. cold cooked ham, cut in cubes
1 c. celery diced
¼ tsp. salt
Few grains paprika

Cover raisins with cold water and bring to boiling point. Boil five minutes, drain and chill. Soak gelatine in cold water and dissolve in boiling water. Add seasonings and cool. When firm cut in cubes. Arrange on lettuce and sprinkle celery dice over the top. Garnish with mayonnaise dressing; sprinkle with paprika.

Date and Grapefruit Salad

1 bunch celery
1 box dates
3 grapefruit
½ lb. English walnuts

Cut celery and fruits into small pieces and the nuts into quarters. Mix and serve on lettuce with mayonnaise.

Stuffed Tomato Salad

Cover tomatoes with boiling water for a minute or two. Plunge into ice water. Remove skins. Cut a thin slice from top of each and carefully remove pulp. Invert and place on ice. When ready to serve, sprinkle inside with salt and fill with pieces of cucumber and celery, marinated with French dressing. Arrange on lettuce and top with mayonnaise.

Cottage Cheese Relish Salad

2 tbsp. granulated gelatine
4 tbsp. cold water
1 c. white cream cheese, creamed with fork
1 c. whipped cream
½ c. diced pineapple
2 tbsp. chopped pimentos
½ c. broken nuts
¼ tsp. salt
4 tbsp. mayonnaise

Soak gelatine in cold water 5 minutes. Dissolve over pan of hot water. Cool and add rest of ingredients. Mix well and pour into mold. Chill until stiff. Unmold, cut in slices and arrange on lettuce. Add mayonnaise and serve at once.—Mrs. Marion Woods, Selma, Ala.

Avocado Salad

Select ripe avocado, peel, cut and mash to a pulp, season with lemon juice, salt and pepper, make into small balls about the size of a bird egg, roll in very finely chopped green pepper. Have crisp lettuce ready, place one thick slice of ripe tomato on this, put five balls, leaving space in center to make a rosette of mayonnaise. Serve.

Grapefruit Aspic

Peel and free from all white skin enough grapefruit to make one and a half pints, or three cups, using meat and juice. Dissolve one package (half box) or two tablespoons of granulated gelatine in one-third cup cold water for five minutes; then melt over hot water.

Add gelatine to grapefruit. Add salt to taste and a little sugar if too acid. Pour in moulds to get firm. Serve on lettuce with mayonnaise. This will make about eight individual molds.

Avocado with Frozen Tomato Mayonnaise

1 c. mayonnaise
1 c. grated tomatoes

Select very ripe tomatoes, peel and grate or rub through a coarse sieve. Mix the tomatoes into the mayonnaise, adding extra seasoning if necessary. This gives a custard-like mixture. Freeze as you would any ice cream, or pour in pan to freeze in mechanical refrigerator for several hours.

Peel and serve half of avocado on crisp lettuce filled with the mayonnaise. The red tomatoes will give a delicate pink. The mixture may be colored more if a decided pink is desired to carry out a color motif.

Carrot and Pineapple Salad

1 small can grated pineapple
Mayonnaise
1 c. grated raw carrot

Drain pineapple free of all juice, mix with raw carrot, blend well with enough mayonnaise to bind without being too moist. Serve on crisp lettuce or chopped cabbage.

Salmon Salad—DeLuxe

1 can best red salmon
1 c. chopped pecans
2 firm tart apples
1 large raw carrot (grated)
½ c. chopped celery
3 tbsp. lemon juice or mild table vinegar
2 tsp. sugar
1 tsp. salt

Remove bones and skin from salmon; flake with fork, then add pecans, apples—cored, not peeled—then chopped celery, grated carrots, salt, sugar, lemon juice and blend well with mayonnaise; chill thoroughly.

Layered Cheese and Apple Salad

1 package lemon jello
1 pint boiling water
2 tbsp. lemon juice
1 tsp. salt
1 red apple, cut in ¼ in. dice
1 tsp. sugar
1 package (3 oz.) cream cheese
½ c. walnut meats, broken

Dissolve jello in boiling water, add 1 tablespoon lemon juice and salt. Combine apples, sugar, dash of salt, and remaining 1 tablespoon lemon juice. Chill. When slightly thickened, fold apples into one-half of jello mixture. Turn into freezing tray of automatic refrigerator. Chill until firm. Beat remaining jello with rotary egg beater until of consistency of whipped cream. Fold in cheese and nuts. Pour over firm first layer. Chill 1½ hours. Serve in squares on crisp lettuce. Garnish with mayonnaise. Serves 8.

Cabbage Salad Combinations

Number 1

2 c. chopped, chilled cabbage
1 c. diced or thinly sliced tart apple, cored, not peeled
1 c. chopped celery
1 pimento cut in thin strips

Number 2

2 c. cabbage, chopped and chilled
1 c. chopped pecans
1 c. crushed pineapple, drained free of juice

Number 3

1 c. cabbage
½ c. nuts
1 c. celery
1 green pepper

Number 4

1 c. chopped cabbage
2 hard boiled eggs, sliced
3 stuffed olives, chopped

Number 5

Fill cooked beet cups with chopped, chilled cabbage, nuts and celery.

Number 6

Tomato cups, filled with any cabbage combination.

Number 7

2 c. chopped cabbage
1 green pepper
1 c. grated raw carrot
1 red pepper
1 medium onion, chopped very fine

This combination is nice added to tomato aspic.

Number 8

1 c. cabbage
½ c. grated cocoanut
4 marshmallows cut in strips

Chinese Stuffed Tomato Salad

6 medium size tomatoes
1 can Chinese bean sprouts or Chinese chop suey vegetables
1 green pepper
1 stalk celery
Parsley

Cut off the top of the tomatoes and remove contents. To the pulp add the drained bean sprouts. Cut celery, green pepper and parsley very fine. Mix with the bean sprouts and tomato pulp. Add enough salad dressing to suit taste. Fill the hollowed tomatoes with the mixture and chill thoroughly. Serve on crisp lettuce leaves and garnish with radishes and olives.

Chinese Bean Sprout Salad

1 can Chinese bean sprouts
4 chopped walnuts
2 tomatoes, quartered
1 large apple, peeled and diced

Drain the bean sprout, then add your chopped walnuts and apple and mix thoroughly with your favorite salad dressing. Place each tomato on a bed of lettuce and pour the salad mixture over it. Top with mayonnaise and garnish with any available materials.

Chinese Fruit Salad

1 small can grated pineapple
1 grapefruit
2 oranges
20 preserved lichee nuts (sliced)
1 banana
1 can Chinese bean sprouts or Chinese chop suey vegetables

Drain bean sprouts (or chop suey vegetables) and soak in sweetened lemon juice. Peel and remove the membrane from each section of the grapefruit and oranges. Mix thoroughly with the grated pineapple, lichee nutmeats, and sliced banana. Combine with your favorite salad dressing. Place on a bed of lettuce and garnish with whipped cream and Chinese cumquats.

Chinese Ho Mee Salad

1 can Chinese chop suey vegetables (drained)
12 preserved lichee nutmeats
Lettuce

Simply rinse the vegetables in cold water. Next make salad nests of part of the bean sprouts on a bed of lettuce. Slice the water chestnuts. Lichee nutmeats and bamboo shoots and mix with balance of bean sprouts, arranging this mixture in each nest. Chill till very cold and serve with a garnish of salad dressing, olives, and sweet pickles.

Salad Dressing

1 tbsp. flour
½ tsp. mustard
1 tsp. salt
1 c. sweet milk
1 tbsp. sugar

Bring to a boil the milk, then add ingredients moistened with a little milk. Add ½ cup vinegar. Stir constantly and when the consistency of custard, add whole egg well beaten. (Keeps for weeks in fruit jars.)

Sour Cream Dressing

1 tsp. salt
¼ tsp. dry mustard
2 tbsp. lemon juice or vinegar
1 tsp. sugar, pepper and paprika
1 c. sour cream

Combine all ingredients and beat with Dover egg beater until it is thick enough to retain shape. Be careful not to beat it into butter. Mix this dressing with a bowl of shredded lettuce, sliced hard cooked eggs, a suggestion of onion, and a little green pepper and you will have the perfection of a simple salad rich in vitamins and food value.

Fruit Salad Dressing

3 eggs
½ c. vinegar
½ c. sugar
4 tbsp. flour
4 tbsp. lemon juice
½ c. pineapple juice
½ tsp. salt
¼ tsp. pepper
¼ tsp. dry mustard
2 tbsp. butter

Beat eggs and add sugar and flour. Mix well. Add other ingredients and cook in a double boiler until thick and creamy. Stir frequently. Pour into a cool jar rinsed out with cold water. Cool. Cover and store in ice box. If dressing is too thick it can be thinned with fruit juice, sweet, sour or whipped cream.

Chicken Salad

I boiled hen
3 tbsp. chopped celery
4 hard boiled eggs
1 tsp. salt
2 tbsp. lemon juice
1 tsp. white pepper

Chop well and mix with the following dressing:

Yolks of 4 eggs
2 tbsp. sugar
2 tsp. flour
1½ tsp. dry mustard
½ tsp. salt
2 tbsp. butter
¾ c. vinegar
1 c. milk
¼ c. water

Sift together all dry ingredients and cream with butter, add yolk well beaten, hot vinegar and water. Cook until mixture begins to thicken and add hot milk stirring constantly until thick. When cold serve with potato salad, tomatoes and lettuce.

Frozen Fruit Salad

1 can white cherries
1 can sliced pineapple
1 bottle red cherries
3 bananas
3 apples
3 oranges
Juice of 1 lemon
1 c. nuts
1 box marshmallows

Sweeten if necessary, mix with enough mayonnaise and whipped cream to fill the freezer. Freeze well and let stand several hours before serving.

Fruit Salad

1 can pet milk
2 tbsp. sugar
1 tbsp. vanilla
2 tbsp. gelatine
1 can peaches
2 bananas
Juice of 1 lemon
Small bottle cherries
2½ tbsp. mayonnaise
½ c. chopped nuts

With egg beater beat pet milk, dissolve gelatine and add to milk. Mix with fruit and pour in molds and set on ice.

Salad Dressing

A creamy and tasty dressing to serve over cole slaw is the following:

Put one egg, one teaspoon butter, one tablespoon sugar, one teaspoon of prepared mustard, one half cup vinegar, in the top of a double boiler. Cook over a slow fire until it is creamy. When cold mix with two cups of finely chopped cabbage and serve on crisp lettuce leaves. —Mrs. C. C. Gay.

Tomato Mayonnaise for Meat

4 eggs, not separated
1 c. vinegar
1 heaping tbsp. butter
1 can tomato
2 tsp. cornstarch
1 tsp. mustard
½ tsp. pepper

Cook tomatoes and strain through sieve. Sift together all dry ingredients and cream with butter. Add salt, eggs well beaten and vinegar, stirring constantly. Bring to boiling, remove at once and heat until smooth.

Creole Dressing for Steak

Stew tomatoes fresh or canned, with 1 small onion and 2 bay leaves. Run through sieve; season with mace, cloves, spice, and cayenne. Reheat and pour over steak and serve.

Patrick's Barbecue Sauce

1 lb. butter
1 large bottle tomato ketchup
1 lemon
1 bottle salad dressing
1 bottle Worcestershire sauce
1 tsp. celery salt
Pepper

Put butter and ketchup in sauce pan and let come to a boil, add one lemon cut in pieces, sugar to taste. Take off stove and add salad dressing. Blend thoroughly, add all other ingredients and let steep for 10 minutes. Add pepper to taste.

Oyster Cocktail Sauce

1 pt. mayonnaise
1 pt. chili sauce
1 tbsp. anchovies
1 tbsp. tarragon vinegar
Several dashes of tobasco

This sauce is delicious served over oysters, lobster, or crab meat.

Yeast Breads

Liquid should be lukewarm to produce the best results; too hot liquids kills the yeast, and too cold liquid retards its growth. The liquid may be all water or milk, or part water and part milk. If milk is used, scald to prevent souring.

Use ¼ to ½ a yeast cake to 1 pint of liquid if bread is mixed at night, and ½ to 1 yeast cake to 1 pint of liquid if bread is mixed in the morning, depending on the time given to rising and the temperature of room. When adding flour, add as much flour as there is liquid before stirring to prevent lumping.

The ordinary size loaf of bread bakes in about 1 hour in a moderate oven. Whole wheat, rye bread, etc., should bake about 1¼ hours. Rolls require a hot oven. When bread is baked, remove from pans and cool on a rack.

Yeast Bread

½ cake compressed yeast
1 level tsp. sugar
3 pts. sifted flour
1 level tbsp. shortening
1 level tsp. salt
Luke warm water or milk and water to mix (about 2½ c.)

Work the yeast and sugar together with the back of a teaspoon till they become liquid; add three-fourths cup of lukewarm water and a teaspoon of flour, and stand aside in a warm place while the flour is prepared.

Sift the flour and salt together into a large bowl and rub in the shortening. Make a hollow in the center of the flour, pour in the yeast and add nearly the remainder of the lukewarm liquid; knead till a soft, elastic dough is formed, using the remainder of the liquid if required. The exact quantity of liquid can not be given, this depending on the quality of the flour. Knead steadily and quickly for twenty minutes, working in all the dry flour and adding a little more if the dough sticks to the bowl or the hands, but avoid adding more than is absolutely necessary.

Cover the dough with a cloth, stand in a moderately warm place free from draughts, and let it rise till it has doubled its bulk. In the daytime, in a warm kitchen, this will probably be about four hours; at night, when the temperature is lower, the bread will be ready to mould into loaves early in the morning. Should it have risen fully before the cook is ready to attend to it, the dough may be "cut down" from the sides of the bowl and allowed to come up again. This will prevent over-raising, and consequent souring.

In forming into loaves, turn the dough onto a lightly-floured board, divide into portions, knead slightly and put into greased pans; cover with a cloth and allow the dough to double its bulk.

In baking bread have the oven only moderately hot when the bread first goes in so as to allow it to rise to its fullest extent; then increase the heat.

Aunt Dinah's Quick Rolls

1 c. warm milk
2 tbsp. melted butter
1 tbsp. sugar
1 egg, beaten
1 cake yeast
½ tsp. salt
½ c. lukewarm water
Flour

Heat the milk until it steams; add butter and sugar. Dissolve the yeast in the lukewarm water. When the milk has cooled to lukewarm add the yeast and the beaten egg. Beat the mixture well with an egg beater. Add the salt and enough flour to make a dough which could be rolled out. Cover and let stand for about two and one-half hours, or until the dough has doubled its size. Roll out and cut with a small biscuit cutter. Butter the tops and put the buttered sides together on a buttered baking sheet. Let stand for about an hour or until the rolls have risen. Bake at 400 degrees for 15 or 20 minutes.

Ice Box Rolls

To have rolls on the spur of the moment the following recipe for ice box rolls will be handy.

1 yeast cake	1 c. mashed potatoes
½ c. lukewarm water	1 c. milk
⅔ c. shortening	2 eggs
1 tsp. salt	Flour

Dissolve the yeast in the warm water. Add the shortening, sugar, salt, and potato to the milk which has been scalded. Allow to cool and add the eggs which have been beaten, then add the yeast. Mix well. Add enough flour to make a batter consistency. Beat and add enough flour to make the batter into a stiff dough. Turn out onto a floured board and knead. Set into a buttered bowl and cover with a cloth and then with a pie pan. Place in the refrigerator and take out from time to time the amount wanted. Shape into rolls and allow to double in size before baking at 425 degrees. This recipe will make approxmiately 36 small rolls.

Fancy Yeast Breads

The recipe which follows is for making fancy yeast breads, such as the braided tea ring, hot cross buns, etc.

1¼ c. milk	⅓ c. sugar
2 yeast cakes	4¼ c. flour
3 eggs	¼ c. melted butter
3 tsp. salt	

Heat the milk to lukewarm. Put into mixing bowl. Break the yeast into the milk and allow it to dissolve. Add the eggs, sugar, and salt. Beat with rotary egg beater until the ingredients are well mixed throughout. Add all of the flour at one time and when partly mixed, add the melted butter. Turn onto a floured board or cloth and knead until perfectly smooth (about five or six minutes). Put into a greased bowl and brush the top of the dough with melted butter. Cover and allow to rise for two hours. Knead down and allow to rise for 45 minutes. Make into any of the desired forms.

Braided Tea Rings

If the dough is to be made into tea rings shape the dough into three strips, using the hands to make them smooth and round at the edges. The strips should be 15 inches long, one inch wide and one inch thick. Pinch the three strips together at the top. Braid the dough then, taking care not to get it too loose. There should be no open spaces left between each of the loops. Seal the bottom ends just as the top was done. Bring the two ends together to form a circle, taking care to work the edges underneath. Lift into a buttered pan about 10 or 12 inches in diameter. A tin cup should be set into the center of the pan to hold the roll in place. Brush the top of the roll with melted butter. Set into a warm place and allow to rise until doubled in bulk. When ready for the oven, brush with egg. Sprinkle with finely chopped almonds. Bake at 400 degrees for about 20 or 25 minutes.

After baking and cool, ice with confectioner's sugar icing. Delicious hot or cold.

Brown Sugar Nut Buns

If the fancy yeast bread is to be made into nut buns roll the dough into oblong sheet one-half inch thick. Spread with melted butter. Sprinkle with raisins and a mixture of half a cup of sugar and one teaspoon of cinnamon. Roll like a jelly roll. Seal the edges by pressing with the fingers.

Cut into slices one inch thick. Butter the bottom of muffin tins generously and add enough brown sugar to cover the bottom about one-fourth of an inch. Lay five or six walnut meats next and place one of the rolls with the cut side up and down. Brush the top with butter and set into a warm place to rise until doubled in bulk. Bake at 400 degrees for about 20 minutes. When brought from the oven, invert on a cooling rack. Allow to hang for a few minutes before attempting to remove them. These are good hot or cold.

Everlasting or Ice Box Rolls

1 qt. milk, scalded and cooled
1 c. melted lard (or substitute)
1 cake compressed yeast, softened in ½ c. water
2 tsp. baking soda
1 tsp. soda
5. tsp. salt
½ c. sugar
Flour to make a soft sponge

Let rise until full of gas bubbles, add flour to make a stiff dough, knead thoroughly and put in refrigerator. It will keep well four or five days and must be kept cold.

From this foundation can be made many kinds of bread and rolls, by rolling and shaping dough in desired shape. Let rise in warm place until light, and bake. For coffee cake for breakfast, roll out at night, leaving it in the refrigerator overnight and in the morning it will be ready for coating of butter, sugar and cinnamon and the oven.

This dough is a great time-saver, especially when preparing for guests, as hot Parker House rolls can be had with only the work of shaping and baking. Rolls will rise in about one hour. A six-quart covered kettle is nice to keep this dough in.

Dry yeast may be used. One cake.

Quick Brown Bread

2 c. whole wheat flour
1 c. meal
1 tsp. salt
1 tsp. soda
1 tbsp. sugar
1 c. buttermilk
1 c. molasses
1 c. raisins
1 c. nuts

Mix all ingredients; place in pound baking powder cans, not quite full. Steam 1 hour; place in oven for a few minutes to dry. Grease cans. If large cans are used steam longer.

Dropped Dumplings

1 tsp. salt
1 tbsp. sugar
1 tbsp. baking powder
½ c. water

Stir well. Sift enough flour to make a stiff dough. Drop from teaspoon into boiling broth, cover a few minutes, turn dumplings and let cook a few minutes longer. Take up. Serve, alternating dumpling and chicken. Pour over this the broth which remains to which has been added hard boiled eggs and giblets cut fine.—Mrs. J. B. Kerridge, Selma, Ala.

Boston Brown Bread

- 2 c. whole wheat flour
- 1 tsp. salt
- 1 c. water ground meal
- 1¼ c. buttermilk
- ¾ c. dark molasses
- ½ box raisins
- 2 tsp. soda

Sift flour and meal together; add molasses and sour milk with soda dissolved in the milk. Add raisins and put in baking powder cans well greased, filling about ⅔ full. Put on covers and steam three hours in hot water. For fruit bread use one cup chopped cherries, citron, pineapple or nuts (this is premium brown bread).—Mrs. J. D. Giles.

Date Nut Bread

- 1 c. stoned and chopped dates
- 1 c. chopped nuts
- 1 c. brown sugar
- 1 c. boiling water
- 2¼ c. flour
- 1 egg
- 1 tsp. soda
- 1 tsp. salt
- 2 tbsp. shortening
- 1 tsp. baking powder

Put dates, sugar, shortening into a bowl; over this pour the boiling water, let cool a little. Sift salt and soda and baking powder with flour; mix in nuts while dry. Then mix into first mixture. Add beaten egg. Bake same as any loaf.

Nut Bread

- 2 c. flour
- ⅓ c. sugar
- 3 tsp. baking powder
- ½ tsp. salt
- 2 tbsp. shortening
- 1 egg
- ⅔ c. milk
- 1 c. nuts (black walnuts prefered)

Sift dry ingredients together; add eggs, milk and shortening. Fold in nut meats. Bake in deep, well greased pan in moderate oven 40 to 45 minutes.—Mrs. James Young, Pleasant Hill, Ala.

Nut Bread

- 4 c. flour
- 4 tsp. baking powder
- 1 c. chopped nuts
- ½ c. raisins
- ¾ c. sugar
- 1½ c. milk
- 1 egg
- 1 tbsp. melted butter
- 1 tbsp. grated orange peel

Mix in order given, place in greased tin and bake 1 hour at 350°.

Nut Bread

- 1 c. sugar
- 1 egg
- 1 c. sweet milk
- 4 tsp. baking powder
- 1 c. nuts
- 3 c. flour

Mix ingredients, pour into pan in which you expect to bake. After it has stood 25 minutes bake in a moderate oven.—Mrs. J. T. Hopper.

Sally Lunn

- 1 tsp. salt
- 2 eggs
- ½ c. butter
- 1 tbsp. sugar
- 1 c. sweet milk
- 2½ c. flour
- 2 tbsp. baking powder

Bake in hot buttered muffin tins 20 minutes. Serve with hot butter.

Nut Bread—Whole Wheat

3 c. whole wheat flour
1 c. brown sugar
1 c. nuts, finely cut
1 c. raisins, finely cut
1½ c. sour milk
1 tsp. soda
½ tsp. salt

Mix all together and bake in moderate oven for one hour.

Ice Box Rolls

4 c. sweet milk
1 yeast cake
1 tsp. soda
1 c. sugar
½ c. water
1 tsp. salt
1 c. shortening

Put milk, sugar, and shortening on stove, stirring to dissolve sugar. When lukewarm remove from stove and add ½ cup luke warm water in which the yeast cake has been dissolved. Add enough flour to make a batter about as thick as muffin batter; put this in a warm place to rise, double its bulk. Then add salt, soda sifted with enough flour to make sponge. Shape into rolls about 2 hours before baking. This may be made up and put in ice box and used as needed. It will keep several days.

Buttermilk Rolls

1 cake Fleishman's yeast
1 pt. buttermilk
¼ tsp. soda
¼ tsp. baking powder
1 tsp. salt
2 tbsp. sugar
3 tbsp. shortening
4 c. flour

Crumble yeast in a small amount of milk, stir until dissolved, then add to the remaining milk. Mix the soda, baking powder, salt, and sugar; add to the shortening and cream all together. Add this mixture to the milk; than add three cups flour and beat vigorously until a very smooth and elastic batter is formed. Add the remaining flour and mix. Turn onto a well floured board and knead, adding extra flour as needed. Roll out until about ¾ inch thick, cut in small rounds, melt a small amount of fat in the baking pan and dip the top of each biscuit in it. Before placing in pan let rise one hour or until they seem sufficiently light; then bake in a hot oven.—Mrs. L. E. Baker.

French Rolls

1⅓ c. milk
1 egg
½ level tsp. salt
4 c. flour (about)
2 level tbsp. shortening
½ yeast cake
1 tsp. sugar

Have the milk lukewarm; add to it the well-beaten egg and salt. Sift the flour and rub the shortening into it; mix the yeast and sugar together, working them with the back of a teaspoon until the yeast liquefies, then pour it into the milk and egg and add all these to the flour. Knead to a dough as for bread; let it rise three hours, having the dough covered that a crust may not form on the top, and keep it in a warm room free from draughts. Form into rolls and let these rise again about half an hour, or until they are very light. The length of time will depend somewhat on the temperature of the room.

Bake the rolls in a quick oven, brushing over with butter before baking to brown them more.

Bread, Rolls, Muffins, etc.

Always sift the flour before measuring

In making breads raised with baking powder always sift the powder with the dry ingredients to insure thorough incorporation and perfect mixing. In making baking powder biscuits, always add enough liquid to make a very soft dough, as this is one of the first requirements for good biscuits. Have the liquid cold, and mix with a flexible knife in preference to handling it with either a spoon or the hand, because the steel blade is cold, and cuts and mixes more thoroughly. The less biscuits are handled, the better. If placed a little apart in the pan they will be lighter and more crusty.

Always add liquid to dry ingredients—they will mix more smoothly. The smaller the biscuits and muffins, the hotter may be the oven. To obtain a brown crust, brush over with milk before baking. For a tender crust, brush with melted butter.

Gems and muffins will be lighter and crisper if baked in pans that are hissing hot before the batter is placed in them.

Never Fail Biscuits

1 qt. flour
1 tbsp. lard
3 tsp. baking powder
1 tsp. salt
½ tsp. sugar
Sweet milk

Sift together all dry ingredients, chop in lard, moisten with milk, and roll out with as little flour as possible. Cut, and let stand in pans 5 minutes before baking.—Mrs. J. D. Giles, Selma, Ala.

Corn Muffins

2 c. meal
1 c. flour
2 eggs
3 tsp. baking powder
1 tsp. salt
2½ c. milk
1 tbsp. lard, melted

Measure flour and meal before sifting; sift together twice all dry ingredients; add milk, eggs, and melted butter. Pour into hot, greased muffin rings and bake.—Mrs. J. D. Giles, Selma, Ala.

Breakfast Muffins

2 c. sifted flour
½ tsp. soda
½ tsp. salt
2 tbsp. sugar
1 c. sour milk or buttermilk
1 egg, well beaten
4 tbsp. shortening, melted

Sift flour once; measure; add baking soda, salt, and sugar and sift again. Combine milk, egg and shortening. Add to flour mixture, stirring only enough to blend. Turn into greased muffin tins. Bake in hot oven (425° F.) 20 to 25 minutes. Makes 12 muffins.

Spiced Muffins

½ c. shortening
1 c. old fashioned brown sugar
2 eggs
1¾ c. flour
⅓ tsp. cinnamon
½ tsp. nutmeg
3 tsp. baking powder
½ c. milk
1 c. chopped nuts, dates and raisins

Cream butter, add sugar gradually, and continue creaming until light. Add well beaten eggs. Sift flour with dry ingredients, and add alternately with the milk; add fruit and nuts. Bake in oiled muffin tins in hot oven (400° F.) for 20 minutes .

Cinnamon Rolls

1 cake Fleishmann's yeast
1 qt. lukewarm water
2 tbsp. sugar
1 tbsp. salt
3 qts. flour
1 can raisins
½ c. lard
Cinnamon

Dissolve yeast in 1 pint tepid water, add sugar and let stand 10 minutes. Sift in 2 quarts flour and the salt; add lard and remaining water. Knead until dough blisters, adding flour as needed. Set aside 2 hours to rise. Knead well, roll a fourth inch thick, sprinkle with cinnamon, scatter raisins over dough, and roll as for jelly rolls. Divide into 2 rolls; let rise 2 hours and bake.

Hot Cross Buns

1½ c. milk
¼ c. shortening
½ level tsp. cinnamon
1 qt. flour
⅓ level tsp. salt
⅔ c. currants and raisins mixed
⅓ c. sugar
½ yeast cake
1 egg
1 level tsp. sugar (for yeast)

Scald the milk with the shortening and sugar and allow the mixture to cool till lukewarm. Work the yeast, with the teaspoon of sugar, till it liquefies, and add it to the milk; add also the egg lightly beaten. Put in the currants and raisins, then sift and add the flour, salt, and cinnamon. Knead to a dough the same as for bread, and let rise in a warm place free from draughts till very light. Divide into portions a little larger than biscuits, work till smooth, roll into rounds and place on a greased baking-pan, a little distance apart. Let them rise once more till light, then bake in a moderate oven. Just before baking mark a cross on top of each bun. When nearly done brush over with milk or white of egg, sprinkle with sugar and return to the oven for a moment.

Peanut Butter Bread

2 c. flour
4 tsp. baking powder
1 tsp. salt
½ c. sugar
⅔ c. peanut butter
1 c. milk

Sift flour, baking powder, salt, and sugar together. Add milk to peanut butter, blend well and add to dry ingredients; beat thoroughly. Bake in greased loaf pan in slow oven 45 to 50 minutes. This is best when a day old. It makes delicious sandwiches cut in thin slices and filled with either cream cheese or lettuce and mayonnaise.

Nut Bread

3½ c. flour
3½ tsp. baking powder
1 tsp. salt
1 c. sugar
1 c. nuts
2 eggs
1½ c. milk
2 tbsp. fat, melted

Mix the ingredients and pour into a greased loaf pan. Let stand for 20 minutes and then bake for 1 hour in a slow oven.

Oatmeal Nut Muffins

1 c. cooked oatmeal
1 tbsp. butter
2 tbsp. sugar
1 egg, beaten in ½ c. milk

Sift together 1 cup flour with 2 teaspoons baking powder and ½ teaspoon salt. Beat well. Then add ½ cup chopped nuts. Bake in buttered muffin tins for 20 minutes.—Mrs. W. S. Harrel.

Apple Fritters

1 c. flour
1½ tsp. baking powder
3 tbsp. sugar
⅓ c. milk
1 egg
2 apples, chopped fine
Pinch of salt

Mix ingredients and drop by spoonful in deep hot fat and sprinkle with sugar.

Biscuit

1 qt. flour
2 rounded tsp. baking powder
1 scant tsp. soda
2 rounded tbsp. lard
2 tsp. salt

Sift together all dry ingredients, mix with lard and add buttermilk to make a soft, pliable dough, not too stiff. Roll thin, cut, arrange in pan, and let stand 15 minutes. Cook in hot oven and serve immediately. Never let stand in oven with door open.—Mrs. J. D. Giles, Selma, Ala.

Beaten Biscuits

1 qt. flour
1 tsp. salt
2 rounded tbsp. lard
1 pinch soda
1 tbsp. buttermilk
1 c. cold milk

Sift flour with salt three times. Chop lard and flour together until thoroughly mixed; add soda in buttermilk and mix into a stiff dough with buttermilk. Beat until dough is well blistered; roll, cut, prick with oyster fork; arrange in pan so biscuits will not touch and bake in slow oven about 30 minutes.—Mrs. J. D. Giles, Selma, Ala.

Beaten Biscuits

6 c. flour (sifted)
¾ c. lard
½ c. ice water
2 tsp. sugar
2 tsp. salt

Dissolve sugar and salt in water. Sift flour four times. Mix in lard thoroughly and water a little at a time, never getting any portion of flour very wet—the dough must be very stiff. Roll twenty minutes or until it blisters and pops. Put into hot oven for few minutes then reduce heat and bake about forty minutes at medium heat.

Batter Bread

2 c. meal
2 c. sweet milk
1 tsp. baking powder
½ tsp. salt
1 tsp. fat
1 egg

Pour scalded milk over meal and well beaten egg, adding enough boiling milk to make a thin batter, pour into greased pan and bake at about 300°.—Mrs. P. L. Kirkby.

Waffles

1 c. flour
½ level tsp. salt
2 level tsp. baking powder
2 eggs
1 c. milk
2 tbsp. melted butter

Sift together the flour, salt, and baking powder; add the yolks of eggs and milk, beating well so as to make a smooth batter. Stir in the melted butter and, at the last moment, put in the stiffly beaten whites of the eggs. Bake in hot, well-greased waffle irons, turning the cakes just as soon as possible after the batter is put in all the compartments of the iron. The above recipe makes five waffles.—Mrs. C. C. Gay.

Waffles

1 pt. buttermilk
½ tsp. soda
½ c. melted lard
2 eggs, beaten separately
Flour enough to make a thick batter

Waffles

1 egg
1 c. buttermilk
2 tsp. salt
1 tbsp. sugar
3 tbsp. Wesson oil
2 c. flour
½ c. ice water
2 tsp. baking powder
½ tsp. soda dissolved in 1 tbsp. water

Stir eggs, buttermilk, salt, sugar, and oil well together; add 2 cups flour and beat until batter is smooth. Add other ingredients and beat until batter is spongy.—Mrs. Wade H. Haris.

Ham Waffles

2 c. sifted flour
1 tsp. soda
½ tsp. salt
1 tbsp. sugar
2 c. sour milk or buttermilk
¼ c. melted shortening
2 egg yolks, well beaten
1½ c. cooked shredded ham
2 egg whites, stiffly beaten

Sift flour once, measure, add baking soda, salt and sugar, and sift again. Combine milk, shortening and egg yolks. Add to flour mixture, stirring only enough to blend. Add ham. Fold in egg whites. Bake on hot waffle iron. Serve with butter and syrup. Makes six 4 section waffles.

Perfect Waffles

2 c. flour
2 c. sweet milk
6 tbsp. melted butter
4 tsp. baking powder
2 eggs, separated
1 tsp. salt

Sift together all dry ingredients. To the beaten yolks add milk, butter, and flour, then fold in well beaten whites. Cook on hot, ungreased electric iron, which should be cleaned with Brillo.

Cream Pancakes

4 level tbsp. flour
1 level tsp. baking powder
⅓ level tsp. salt
2 egg yolks
1 c. thin cream
1 level tbsp. sugar

Sift together the flour, salt and baking powder; add the yolks of the eggs, the cream and sugar. Beat well, and cook at once on a hot, lightly greased griddle. Serve with sugar or maple sirup.

Delicate Pancakes

2 level tbsp. butter
4 eggs
2 level tbsp. flour
⅓ level tsp. salt
1 c. milk

Separate the whites from the yolks of the eggs, beat both thoroughly and add the flour and salt to the yolks. When well mixed stir in the milk and, at the last moment, fold in the stiffly-beaten whites. Melt the butter in a large frying-pan, pour in the batter and cook over a moderately hot fire till it begins to set; then transfer the pan to a hot oven to finish cooking. Turn onto a hot dish and serve with apple sauce.

Graham Cracker Bread

28 large graham crackers, rolled
½ c. sugar
½ c. shortening
½ c. sweet milk
3 eggs
1½ tsp. baking powder
½ tsp. salt
1 c. chopped nuts
1 c. chopped dates or raisins

Bake slowly in a loaf pan.

Ever-ready Biscuit Dough

1 qt. milk
1 c. mashed potatoes
2½ tsp. salt
1 c. melted fat
1 cake yeast
½ c. lukewarm water
2 tbsp. baking powder
1 tsp. soda
Flour

Scald the sweet milk and let cool. When lukewarm add potatoes, salt, baking powder, soda, fat and the yeast, either compressed or dry, which has been dissolved in lukewarm water. Add sufficient flour, about five cupfuls, to make a soft sponge, and let it stand until small bubbles appear on the surface. Then cut in enough flour to make a stiff dough, knead on the board, and place in the refrigerator. The dough can be used any time after standing twenty-four hours. The amount needed for rolls is pinched off and shaped.

Graham or Whole Wheat Bread

8 c. Graham flour, unsifted
2 c. sifted bread flour
2 tsp. salt
¼ c. brown sugar
½ c. Karo
1 yeast cake
2 c. lukewarm water
2 c. milk, scalded and cooled
2 tbsp. fat

Dissolve yeast, sugar and Karo in lukewarm water. Add milk and fat, then flour and salt gradually. Knead very thoroughly and set in warm place to rise until doubled in bulk. This requires about two hours. Turn dough onto kneading board and mould into three loaves. Cover and let rise about one hour. Bake one hour in slower oven than used for white bread.

Batter Cakes

1 c. flour
1 tbsp. meal
½ tsp. salt
½ tsp. soda
½ tsp. baking powder
½ tsp. sugar
1 tbsp. melted butter
1 egg
1 c. buttermilk

Sift together all dry ingredients. Add well beaten egg, milk, and last, the melted butter.—Mrs. J. D. Giles, Selma, Ala.

Eggless Batter Cakes and Rice Cakes

1 heaping c. flour
1 scant c. meal
1 rounded tsp. soda
1 tsp. salt
3 c. thick, fresh buttermilk

Sift together twice all dry ingredients; add milk; beat thoroughly and cook immediately on hot, well greased baker. For rice batter-cakes add 1 cup cold, cooked rice.—Mrs. J. D. Giles, Selma, Ala.

Spoon Bread

2 eggs, well beaten
1 c. meal
½ tsp. soda
½ tsp. salt
2 c. buttermilk
1 tbsp. butter

Melt butter or lard and add hot just before soda. Dissolve soda in 1 cup buttermilk and add last. Bake about 30 minutes in hot oven. —Mrs. J. D. Giles, Selma, Ala.

Buckwheat Cakes

1½ c. sifted buckwheat flour
½ c. sifted flour
1 tsp. soda
1 tsp. salt
2½ c. sour milk or buttermilk
1 tbsp. molasses
1 tbsp. shortening, melted

Sift flour once, measure, add baking soda and salt and sift again. Combine milk and molasses. Add flour, stirring only until smooth. Add shortening. Bake on hot, well greased griddle. Makes 18 cakes.

French Pancakes

1 c. flour
2 level tsp. baking powder
½ level tsp. salt
2 eggs
1 c. milk
Preserve

Sift together the flour, salt and baking powder; beat and add the eggs with the milk, being careful that there are no lumps. Melt a teaspoon of butter in a frying-pan, and when hot pour in enough batter to just cover the bottom of the pan. Cook golden brown, then turn and cook the other side. Spread with the preserve and roll up and sprinkle with sugar just before serving.

Fritter Batter

1 egg
½ c. milk
1 c. flour
1 tsp. sugar
2 tsp. baking powder
½ tsp. salt

Mix into a batter, beating thoroughly; let stand for 15 minutes before using.

Sauce for Fritters

1 c. pineapple juice
2 tbsp. flour (level)
2 tbsp. butter
1 tbsp. sweet spiced vinegar, left from pickles
2 tbsp. sugar, more or less
½ tsp. vanilla

Mix sugar and flour together dry—over this pour the hot pineapple juice, add other ingredients, cook until clear and thick as sauce is liked. If the can of pineapple does not give the full cup, part water may be used.

Banana Fritters

1 c. flour
2 tsp. baking powder
1 tbsp. powdered sugar
¼ tsp. salt
1 egg
¼ c. milk
1 tbsp. lemon juice
3 bananas

Mix and sift dry ingredients. Add others in order. Force bananas through sieve before adding. Beat thoroughly. Drop by spoonfuls into hot fat. Drain and sprinkle with powdered sugar.

Sweet Chocolate Fritters

1½ c. flour
1½ tsp. baking powder
2 tbsp. sugar
¼ tsp. salt
1 egg
½ tbsp. butter, melted
½ c. shredded cocoanut
⅓ c. milk

Mix and sift flour, baking powder, sugar and salt; add milk, well-beaten egg, and butter. Beat until smooth. Drop by spoonfuls into hot fat (380° F.). Cook until brown. Drain. Roll in a mixture of 1 part cocoa and 2 parts confectioner's sugar .

Banana Fritters

1 egg
¼ c. milk or water
½ c. flour
¼ tsp. salt
¼ tsp. baking powder
Ripe bananas

Sift together the flour, baking powder, and salt; drop the yolk of the egg into the center of the mixture and slowly stir in the milk; when the milk is about half used, beat the mixture until very smooth and stir in the rest of the milk. When ready to use, fold in the egg white beaten very light. Remove the skin and coarse threads from ripe bananas, cut them in halves crosswise, then cut the halves lengthwise and dip the pieces in the batter, covering them completely. Fry in deep fat to a golden brown. Serve sprinkled with powdered sugar and cinnamon as a dessert, or with currant jelly or a hot sauce as an entree with meats. Often the pieces of banana are sprinkled with sugar and lemon juice and set aside half an hour before frying. When so treated, the bananas should be drained very carefully before it is dipped into the batter.

Corn Fritters

½ c. milk
2 c. cooked corn
1½ c. flour
1 tsp. salt
⅓ tsp. pepper
2 tsp. baking powder
1 tbsp. melted shortening
2 eggs

Add milk to corn; add flour sifted with salt, pepper, and baking powder; add shortening and beaten eggs; beat well. Fry by spoonfuls on hot greased griddle or frying pan.

If fried in deep fat make batter stiffer by adding ½ cup flour and 1 teaspoonful baking powder.

Cakes

In cake making, perhaps even more than in any other branch of cooking, special attention must be paid not only to exact measurements, but to correct methods of manipulation.

Flour, pulverized sugar and similar ingredients must all be sifted once before measuring as they are liable to "pack" in the sack or barrel in which they are kept. Soda, spices and baking powder should be stirred lightly before measuring for the same reason.

The ingredients used for cake making should always be the best obtainable: best tub butter, fresh eggs, fine granulated sugar and, preferably, pastry flour, if perfect results are to be obtained. Flours vary in thickening qualities, therefore the exact amount of liquid can not always be stated.

There are three methods of mixing: stirring, beating, and cutting or folding.

In stirring, the spoon is not lifted from the bowl, and the motion may be described as a circular one.

In beating, the object desired is to get all the air possible into the mixture; the faster we beat the more air will be incorporated in the batter, and the cake in consequence will be lighter; but care must be taken that after a cake is beaten, no stirring motion is allowed, as this would undo the good already accomplished.

The term "folding" applies more especially to the mixing and blending of the whites of stiffly-beaten eggs which are added just before putting the cake batter in the pans. The motion is that of lifting the batter from the bottom of the bowl, folding it over the beaten whites, mixing them in and continuing the process till the whites of eggs are no longer seen in top of the batter. The whole process must be performed with great care to avoid destroying the lightness of the air cells in either batter or eggs.

Orange Jam Cake

5 eggs (three of the yolks used for the filling)
1 cup butter
2 cups sugar
2 cups of jam
4 cups flour
1 cup of floured nuts
1 cup raisins
1 teaspoon of soda dissolved in one cup of buttermilk
1 teaspoon of mixed spices

Cream together the butter and sugar, then add the eggs beaten well, alternately add the flour and the milk. Add the fruit last. Cook in a rectangular bread pan. Cut in two to use the filling.

FILLING

Juice and rind of three small oranges
2 large cups of sugar
Butter the size of a walnut
3 egg yolks

Mix and cool until thick.

Spice Cake

1½ cup sugar
¾ cup butter
3 eggs
3 cups sifted soft-wheat flour
¾ cup coffee
3 tsp. baking powder
1 tsp. salt
1½ tsp. cinnamon
½ tsp. nutmeg
¼ tsp. cloves
1 tsp. vanilla

Cream the butter and sugar, add the eggs, one at a time and beat well. Mix and sift the dry ingredients. Add them to the liquid with vanilla. Bake either in a loaf or in layers. Ice with vanilla frosting.

VANILLA FROSTING

1 cup sugar
4 tbs. cold water
1 egg white
⅛ tsp. salt
½ tsp. vanilla

Put the sugar, water, and unbeaten egg white into the upper part of a double boiler. Have the water in the lower part boiling. Commence beating the mixture with a Dover beater at once and beat constantly while it cooks for 7 or 8 minutes. It should then look just like ordinary boiled frosting and should be almost thick enough to spread. Take it from the stove and continue to beat about 5 minutes or until it has thickened. This is sufficient to ice a three-layer cake on the tops.

If the icing is not sufficiently cooked place it in the double boiler and recook for a short time; or, if it is too stiff, add a small quantity of water and cook again.

Fig Envelopes

2 c. flour
3 tsp. baking powder
½ tsp. salt
2 tbsp. sugar
1 tbsp. shortening
⅔ c. milk
1 c. chopped figs
1 egg

Sift together flour, baking powder, salt and sugar; add shortening and mix in very lightly; add slowly enough milk to form soft dough. Dust board with flour and roll out dough ¼-inch thick, cut into squares and on each piece put one tablespoon of fig; brush edges with cold milk; fold like an envelope, and press edges together. Brush tops with egg beaten with one tablespoon milk and one teaspoon sugar. Bake about 20 minutes in hot oven.

Fruit Layer Cake

⅓ c. shortening
1 c. sugar
1 egg
1 tsp. vanilla extract
1 c. milk
2 c. flour
4 tsp. baking powder
⅛ tsp. salt

Cream shortening well; add sugar; add yolk of egg and vanilla; mix well; add milk, then flour, baking powder and salt which have been sifted together; mix in beaten egg white. Bake in three greased layer tins in hot oven about 15 minutes. Put cake together with fruit filling and cover with white icing.

FRUIT FILLING

½ c. fruit jelly
1 c. water
½ c. chopped raisins
¼ lb. chopped figs
¼ c. sugar
2 tbsp. corn starch
½ c. chopped nuts
Juice of ½ lemon

Cook jelly with water, fruit and sugar; add corn starch which has been mixed with a little cold water. Cook until thick.

Apple Sauce Cake

2 c. sifted flour
1 tsp. baking soda
¼ tsp. salt
¼ tsp. cloves
½ tsp. nutmeg
1 tsp. cinnamon
½ c. butter or other shortening
1 c. sugar
1 egg, unbeaten
1 c. raisins, cut
1 c. nutmeats, coarsely broken
1 c. thick apple sauce

Sift flour once, measure, add baking soda, salt and spices, and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add egg; beat well. Add nuts and raisins. Add flour alternately with apple sauce, a small amount at a time, beating until smooth after each addition. Turn into greased loaf pan, (8 inches x 4 inches x 3 inches). Bake in a moderate oven (350° F.) 1 hour and 15 minutes.

Sour Cream Devil's Food

2 c. sifted pastry flour
1 tsp. soda
¼ tsp. salt
1 c. sugar
1 c. heavy sour cream
1 egg, well beaten
3 squares (3 oz.) unsweetened chocolate, melted and cooled
¾ c. milk
1 tsp. vanilla

Sift flour once, measure, add baking soda and salt, and sift together three times. Beat sugar gradually into sour cream. Add egg. Add chocolate. Blend well. Add flour alternately with milk, a small amount at a time, beating until smooth after each addition. Add vanilla. Turn into two greased 9 inch layer pans. Bake in moderate oven (325° F.) 25 minutes. Frost with Boiled Frosting.

Roosevelt's Spice Cake

1 c. butter
2 c. sugar
1 c. milk
1 tsp. cinnamon
4 eggs
4 c. flour
4 tsp. baking powder
½ tsp. nutmeg.

Bake in loaf or two layers.

Chocolate Cream Cake

3 eggs, beaten separately
3½ c. flour
1¾ c. sugar
1 c. sweet milk
1 scant c. butter
3 level tsp. baking powder
¼ lb. chocolate, melted over hot water
1 tbsp. vanilla

FILLING

4 tbsp. sweet cream
1 c. XXXX sugar
1 tsp. butter
1 tbsp cocoa
1 tbsp. vanilla

Mix thoroughly, put over a vessel of hot water and stir to a smooth cream. Let cool a little before spreading on cake, or it will run.

Dixie White Cake

(Cocoanut Baked in Mixture)

3 c. cake flour
3 tsp. baking powder
½ tsp. salt
½ c. butter or other shortening
1½ c. sugar
1 c. cocoanut
1 c. water
1 tsp. lemon extract
4 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add cocoanut, then flour and water alternately, a small amount at a time. Beat after each addition until smooth. Add lemon extract and fold in egg whites. Bake in greased loaf pan, 3 x 4 x 8 inches, in moderate oven (350°F.) 1 hour and 15 minutes. Spread Cocoanut Seven Minute Frosting on top and sides of cake.

Sponge Cake

6 eggs
1 c. flour
1 c. sugar
Juice of ½ lemon

Beat yolks light, add juice of lemon and half the sugar. Beat whites with pinch of salt, when light add half of sugar. Mix whites and yolks, then cut flour in lightly. Bake in either loaf or layers in moderate oven.

Jam Cake

2 c. flour
1 c. sugar
½ c. butter
3 eggs
2 tbsp. sour cream
1 tsp. soda
1 tsp. each allspice, nutmeg and cinnamon
1 c. jam

Make as you would any cake. Sift spices and soda into flour. Add jam when batter is well mixed. Bake in two layers, put together with white icing. It may be made into a loaf cake if desired.

Cocoanut Cake

1 c. butter
1¾ c. sugar
1 c. sweet milk
3 c. flour
6 egg whites
Flavor to taste

Cream butter and sugar thoroughly. Add milk and flour alternately. Lastly fold in beaten whites. This makes three layers

FILLING

1 c. boiling water
2 c. granulated sugar
2 egg whites
1 grated cocoanut

Cook syrup until it spins a thread. Pour over beaten egg whites and beat until heavy. Add cocoanut.

Soft Gingerbread

½ c. shortening
1 c. brown sugar
2 eggs
1 c. molasses
1 c. sour milk or coffee
3 c. flour
1 tsp. soda
1 tsp. cloves
½ tsp. nutmeg
1½ tsp. cinnamon
1½ tsp. ginger
1 tsp. salt

Cream butter, add sugar, eggs. Beat thoroughly after addition of each egg. Next add molasses. Sift dry ingredients together and add alternately with liquid. Bake in slow oven 30 to 40 minutes at 350°.

Mahogany Cake

2 c. sifted pastry flour
1 tsp. soda
½ tsp. salt
½ c. butter, or other shortening
1 c. sugar
1 egg, well beaten
½ c. cocoa
⅓ c. water
1 c. sour milk
1 tsp. vanilla

Sift flour once, measure, add baking soda and salt and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add egg. Add water to cocoa slowly, mixing until a smooth paste is formed. Add to creamed mixture, blending well. Add flour, alternately with milk, a small amount at a time, beating until smooth after each addition. Add vanilla. Turn into greased loaf pan (6 x 10 inches). Bake in moderate oven (325° F.) 50 minutes. Spread with Date Butter and top with Soft Chocolate Frosting.

Perfection Sponge Cake

6 eggs
1¼ c. sugar
1¼ c. flour (plain flour)
½ tsp. cream of tartar
⅛ tsp. salt
Juice of ½ lemon

Sift sugar and flour before measuring. Add salt to the whites, and beat until foamy; add cream of tartar and continue beating until the whites will hold a point. Add the sugar, gradually beating all the time. Beat for three minutes, or until the mixture will hold its shape. Let stand while beating yolks light and creamy; add lemon juice and then add to the whites, beating all together.

Fold the flour into the mixture just as in making the angel cake, a little at a time, folding under and over with long, gentle strokes. Pour into a bright ungreased pan, bake 50 minutes at 300 degrees. The depth of the cake will determine the length of time required. This cake is four inches deep when done. Remove from oven, invert pan until cold. Ice or use plain. If this batter is baked in deep layer pans, use heat at 350 to 375 degrees. This may be cut in squares or broken. If the broken pieces are rolled in a thin, soft icing, then rolled in chopped nuts, a delicious individual cake is the result. White or chocolate icing may be used.

Quick Jelly Roll

2 eggs
½ tsp. baking powder
2 tsp. lemon juice
⅛ tsp. salt
⅓ c. flour
⅓ c. sugar

Beat eggs together until light. Add lemon juice and continue beating, add sugar slowly, beating constantly; sift baking powder and salt with flour and fold into the mixture. Pour into a shallow oblong pan which has been greased and floured. Bake in quick oven about five (5) minutes or until done. Turn out on a damp cloth; cover with another; let stand for five minutes.

Cut off the edges on the sides, spread with jelly, roll up and let get cold. Cut across the roll. This makes ten slices. Sometimes this is called "ten-minute jelly roll". The cake is about ¾ of an inch thick when done. The pan should be about seven inches wide by ten long. Of course, the quantity could be doubled.

Lady Baltimore Cake

½ c. shortening
1 c. sugar
Whites of 3 eggs
½ c. milk
1 tsp. vanilla extract or ½ tsp. almond extract
1¾ c. flour
2 tsp. baking powder

Cream shortening; add sugar and unbeaten white of one egg; add milk very slowly, beating between each addition; add flavoring; add flour which has been sifted with baking powder; lastly fold in beaten whites of 2 eggs. Bake in square greased layer tins in hot oven about fifteen minutes. Use following filling and cover top and sides of cake with white icing.

FILLING

1½ c. sugar
½ c. water
Whites of 2 eggs
½ c. chopped seeded raisins
½ c. chopped figs
1 c. chopped blanched almonds or pecan nuts
½ tsp. vanilla extract

Boil sugar and water without stirring until syrup spins a thread. Pour syrup slowly over beaten eggs. Mix in fruit, nuts and flavoring. Spread between layers of cake.

One-Egg Cake

(For Pineapple Dessert)

⅞ c. sugar (scant cup)
1 cup sweet milk
2¼ c. flour
1 heaping tbsp. butter, or substitute.
1 egg
1 tsp vanilla
4 tsp. baking powder

Make as any cake. Pour over pineapple. This makes quite a thick layer. A few muffin cakes could be made and still be quite enough for dessert.

Coffee Cake

2½ c. sifted flour
½ tsp. salt
1 c. sifted brown sugar, firmly packed
½ c. butter or other shortening
1 tsp. soda
1 tsp. cinnamon
1 egg, well beaten
¾ c. buttermilk

Sift flour once, measure, add salt, and sift again. Add brown sugar and mix well. Cut in shortening. Reserve ¾ cup for topping. To remainder add baking soda and cinnamon. Mix well. Add egg and buttermilk. Stir only until blended. Turn into greased shallow pan (6 x 10 inches). Sprinkle with ¾ cup of crumbs and additional cinnamon. Bake in hot oven (400° F.) 30 minutes. Serve hot.

Eggless, Milkless, Butterless Cake

1 c. brown sugar
2¼ c. water
1 c. seeded raisins
2 oz. citron, cut fine
⅓ c. shortening
½ tsp. salt
1 tsp. nutmeg
1 tsp. cinnamon
2 c. flour
5 tsp. baking powder

Boil sugar, water, fruit, shortening, salt and spices together in saucepan 3 minutes; when cool, add flour and baking powder which have been sifted together; mix well. Bake in greased loaf pan in moderate oven about 45 minutes.

Cocoanut Layer Cake

(3 eggs)

2 c. cake flour
2 tsp. baking powder
½ tsp. salt
⅔ c. butter or other shortening
1 c. sugar
3 eggs, unbeaten
⅓ c. milk
1 tsp. vanilla

Sift flour once, measure, add baking powder and salt and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each addition. Add flour, alternately with milk, a small amount at a time. Beat well after each addition. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 to 30 minutes. Double recipe to make three 10-inch layers. Spread boiled frosting between layers and on top and sides of cake. Sprinkle each layer and outside of cake thickly with cocoanut, Southern style, while frosting is still soft.

Honey Drop Cakes

⅓ c. shortening
¼ c. sugar
½ c. honey
1 egg
½ tbsp. lemon juice
1½ c. flour
1½ tsp. baking powder

Cream shortening and add sugar slowly; add honey, beaten egg yolk and lemon juice; mix well and add flour and baking powder which have been sifted together; fold in beaten egg white. Put into greased individual tins or drop far apart on greased baking sheet and bake in hot oven 10 to 15 minutes.

Meringue Cake

6 egg whites
2¼ c. sugar, sifted
1½ tsp. vinegar
Few grains salt
1 tsp. vanilla

Beat egg whites until stiff. Add sugar, a tablespoon at a time, beating between each addition. Add vinegar, salt, and vanilla and beat constantly 20 minutes. Cover bottom of 2 round layer cake pans with heavy wet paper. Put in the egg mixture and smooth evenly in the pans. Bake in a slow oven (250° F.) 45 to 50 minutes. Serve with ice cream between layers and whipped cream on top. Garnish with candied cherries or chocolate shot.

Preserved fruit, or well-drained canned or fresh fruit, may be used between layers.

Sun-Gold Cocoanut Cake

(4 Eggs)

3 c. sifted cake flour
3 tsp. baking powder
⅛ tsp. salt
1 c. butter or other shortening
2 c. sugar
4 egg yolks, well beaten
1 c. milk
1 tsp. vanilla
4 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, then flour and milk alternately, a small amount at a time. Beat after each addition until smooth. Add vanilla and fold in egg whites. Bake in three greased 9-inch layer pans in modern oven (375° F.) 25 to 30 minutes. Spread Cocoanut Seven Minute Frosting between layers and on top and sides of cake. Sprinkle each layer and outside of cake with cocoanut while frosting is still soft.

Red Devil's Food Cake

Pan with Tubed Inset

1½ c. sifted cake flour
1½ tsp. baking powder
½ tsp. salt
¼ c. butter or other shortening
1 c. sugar
2 eggs, beaten light
½ c. thick sour milk
½ c. boiling water
2 squares bitter chocolate, melted
1 tsp. soda
1 tsp. vanilla

Sift flour once, measure, add baking powder and salt, and sift three times. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs. Beat mixture vigorously. Add flour and sour milk alternately, a small amount at a time. Pour the boiling water into the melted chocolate; mix quickly. Add soda to chocolate and stir until thick. Cool slightly before adding to cake batter. Mix thoroughly. Add vanilla. Pour into greased Spring Form pan with tubed inset and bake in a moderate oven (325° F.). Remove from pan by pressing down on tapered clamp and releasing spring rim. Cover with marshmallow icing.

Tutti Frutti Cake

- ½ c. shortening
- 1 c. sugar
- 1 egg
- 1 tbsp. vinegar
- 1 tsp. vanilla
- 1 c. sour milk
- 1 tsp. soda
- 1½ c. flour
- 2 tbsp. cocoa
- ½ c. chopped pecans
- ½ c. chopped dates

Cream the fat, add sugar, then egg and beat well. Mix milk and soda together, and flour and cocoa, and combine in order given. Dust dates and nuts with extra flour and bake in two small layers 30 minutes at 350 degrees. Make a filling by boiling 1 small can crushed pineapple and 1½ cups sugar together until very thick. Cool before putting between layers.

English Tea Buns

- 2 cakes compressed yeast
- ½ c. of milk, scalded and cooled
- 2 tsp. sugar
- ½ c. butter, melted
- 4 eggs
- 4 c. sifted flour
- ½ tsp. salt
- 5 tsp. sugar
- 1 c. almonds, chopped

Dissolve yeast and two teaspoons of sugar in lukewarm milk. Add butter, eggs (unbeaten), flour gradually, and the salt, beating thoroughly. This mixture should be stiff, but not stiff enough to handle. Cover, and let rise in warm place in light. Add balance of sugar and almonds and mix very lightly. Drop into well-greased muffin pans. Cover and let rise until very light. Bake 15 or 20 minutes in a moderately hot oven. Serve hot. When done, cut slot in side and fill with pineapple or caramel filling. They are very good without this also.

Cocoanut Brambles

- 2 c. sifted cake flour
- 1 tsp. salt
- 1 c. sugar
- 1 c. cream
- 2 tbsp. milk
- 2 tsp. baking powder
- 4 egg whites
- 1 tsp. vanilla
- ¼ tsp. almond extract
- 1 c. blackberry jelly
- Cocoanut

Sift flour once, measure, add salt and ½ cup sugar, and sift again. Add cream, milk, and baking powder to egg whites, and beat with rotary egg beater until mixture thickens; then add flavoring and remaining sugar. Fold in flour gently. Bake in two greased pans, 8 x 8 x 2 inches, in moderate oven (325° F.) 25 minutes, or until done. Cool. Put layers together with blackberry jelly. Cut into 2-inch squares or diamond-shaped pieces, cover with Seven Minute Frosting, and sprinkle with cocoanut. Makes 25.

Black Joe Cake

- 2 c. light brown sugar
- ½ c. cocoa
- 1 tbsp. butter or crisco
- ⅓ c. boiling water
- 1 c. sour milk
- 1 tsp. soda
- 2 c. flour

Pour boiling water over sugar, cocoa and fat. Combine the rest in order as given. Bake in a slow oven.

ICING

- ½ box powdered sugar
- 1 tbsp. flour
- 1 tbsp. butter

Mix sugar and flour together. Butter. ¼ cup of sweet milk. Put in boiler and boil and pour over slowly and beat until it mixes. Do not use too much milk but if more is needed just use cold milk.—Mrs. C. M. Wilson, Atlanta, Ga.

Imperial Tutti-Frutti Cake

(3 Egg Whites)

2⅔ c. sifted cake flour
2¼ tsp. baking powder
½ c. butter or other shortening
1⅓ c. sugar
⅔ c. milk
⅓ c. water
½ tsp. vanilla
¼ tsp. almond extract
¼ tsp. salt
3 egg whites

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Combine milk, water, and flavoring. Add flour to creamed mixture, alternately with liquid, a small amount at a time, and mix after each addition until smooth. Add salt to egg whites and beat until stiff, but not dry. Fold gently into cake mixture. Bake in two greased 9-inch layer pans in slow oven (300° F.) 10 minutes; then increase heat to moderate (375° F.) and bake 15 minutes longer. Put layers together and cover top and sides of cake with California Tutti-Frutti Frosting and Filling, or frost with Cocoanut Seven Minute Frosting.

California Tutti-Frutti Frosting and Filling

2 egg whites, unbeaten
1½ c. sugar
3 tbsp. water
2 tbsp. lemon juice
Dash of salt
Grated rind of ½ lemon
¼ tsp. almond extract
¾ c. walnut meats, toasted and coarsely broken
½ c. currants
8 maraschino cherries, finely cut
1 can cocoanut Southern style

Put egg whites, sugar, water, lemon juice, and salt in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from fire, add lemon rind and almond extract. To ⅓ of mixture, add nuts, currants, and cherries. Spread between layers of cake. Cover top and sides with remaining frosting and sprinkle thickly with cocoanut. Makes enough frosting and filling for tops and sides of two 9-inch layers.

Sour Cream Devil's Food

(one egg)

2 cups sifted cake flour
1 tsp. soda
¼ tsp. salt
⅓ c. butter or other shortening
1 c. sugar
1 egg, unbeaten
2 squares unsweetened chocolate, melted
½ c. sour cream
½ c. milk

Sift flour once, measure, add soda and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat well. Then add chocolate and blend. Combine cream and milk. Add flour to creamed mixture, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in two greased 9-inch layer pans in moderate oven (350° F.) 20 to 25 minutes. Put layers together and cover top of cake with Quick Chocolate Frosting.

Apricot Butterscotch Cake

2 c. flour
1 c. granulated sugar
3 eggs
3 tsp. baking powder
½ c. shortening
½ c. sweet milk
¼ tsp. salt
1 tsp. vanilla

Sift dry ingredients. Cream shortening and sugar. Beat the eggs separately. Add the beaten yolks to the creamed shortening. Then add milk and flour alternately and fold in the beaten egg whites. Butter two square tins generously and cover with light brown sugar, until you cannot see the bottom of the pans. Then place canned apricots on the sugar leaving room to cut between the fruit. Pour the cake dough over them. Bake from 45 to 60 minutes. When done turn upside down on a large plate and the butterscotch will be on top. When cool, serve with whipped cream.

Delicious Blackie

1 lb. shortening
2 squares chocolate
1 c. milk
1 c. sugar
1 c. flour
1 tsp. baking powder
2 eggs

Melt the shortening and chocolate in large saucepan. Blend thoroughly. Add sugar and flour well sifted with baking powder. Break eggs into a measuring cup reserving the white of one for frosting. Fill the cup with milk, stir and pour in pan with other ingredients. Mix well, divide into two well-greased layer cake pans. Bake in moderate oven.

Coffee Cake

2 c. sugar
2 c. coffee
3 tbsp. cocoa
½ c. shortening
2 eggs
2 c. flour
2 tsp. baking powder
1 tsp. soda

Mix and boil for three minutes one cup coffee, one cup sugar and cocoa and let cool. Cream remaining sugar and shortening and add eggs well beaten. Then add the rest of the coffee and first mixture. Sift together the flour, baking powder and soda twice. Bake in layers.

Pineapple Cake

2 c. flour
3 tsp. baking powder
½ c. butter
1 c. sugar
1 c. milk
½ tsp. vanilla
½ tsp. lemon extract
3 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and sift three times. Cream butter thoroughly, add sugar gradually, creaming well after each addition. Add flour and milk alternately, a small amount at a time, mixing thoroughly after each addition. Add flavoring and fold in egg whites. Bake in a greased pan 8 inches square and 2 inches deep for 50-55 minutes at 350 degrees F.

Cover the square with pineapple filling and frost all over with soft boiled icing.

PINEAPPLE FILLING

½ c. white sugar
¼ c. water
4 slices canned pineapple, cut in small cubes
½ tsp. lemon juice

Cook sugar and water until it forms a soft ball in cold water 228 degrees F. Add pineapple and continue cooking until it forms a thick syrup. When cold, add lemon juice and spread on cake.—Mrs. L. E. Baker, Marion Junction, Ala.

White Cake

1 c. butter
2 c. pulverized sugar
1 c. milk
3 c. flour
⅓ tsp. salt
2 tsp. baking powder
7 egg whites

Beat the butter and sugar to a cream. Add the milk, then the flour, salt and baking powder sifted together. Fold in very gently the stiffly beaten whites of the eggs and turn into a greased pan. Bake in a moderate oven three-quarters of an hour.—Mrs. R. R. Fuller, Plantersville, Ala.

Plain Cake

1 c. whipping cream
2 whole eggs
1 c. sugar
¼ tsp. salt
1½ c. flour
2 tsp. baking powder
½ tsp. lemon extract
½ tsp. vanilla extract

Whip cream and eggs together (if white cake is desired use 4 egg whites). Beat sugar in gradually. Add the flour with salt and baking powder; last the extract. Bake in loaf pan.—Mrs. J. E. Melton, Selma, Ala.

Old Fashioned Pound Cake

1 lb. sugar
1 lb. butter
4 c. flour
10 eggs

Beat yolks and whites separately; cream butter and sugar; add egg yolks and mix well. Add stiff egg whites alternately with flour. Long beating means success with this cake. Put in oven when you can bear your hand on the bottom. Gradually increase the heat to moderate. Bake two hours.

Angel Food Cake

1¼ c. egg whites
1 tsp. cream of tartar
¼ tsp. salt
1½ c. sugar (granulated)
1 tsp. vanilla or almond
1 c. flour

To egg whites add salt and beat until foamy; add cream of tartar and continue beating until firm. Fold in sugar, a small portion at each fold. Put in flour the same way, adding vanilla or almond. Bake for about 45 minutes—at a low heat for 30 minutes (225° F.), then increase heat to 450° F.

Indian Fudge Cake

¾ c. butter
1½ c. sugar
1¾ c. flour
¾ c. sweet milk
¼ c. cocoa
3 eggs
2 tsp. baking powder
1 tsp. vanilla
1 tsp. each cloves, cinnamon, allspice
Pinch salt

Cream butter and sugar together, add well beaten egg yolks, salt, vanilla, spices. Sift baking powder and flour together; add to batter alternately with milk. Fold in egg whites that have been beaten well. Bake slowly.

ICING FOR FUDGE CAKE

2 c. sifted confectioners' sugar
⅛ lb. bitter chocolate
2 tbsp. coffee
1 tsp. vanilla

Melt chocolate over hot water; stir coffee into sugar adding enough sweet cream to mix. Add chocolate and cream well. Spread on cake.

Devil's Food Cake

5 eggs—reserve 2 whites for icing
3 c. flour
2 c. sugar
1 c. butter
1 c. buttermilk, with 1 tsp. soda
⅔ c. cocoa or 2½ squares chocolate

Cream butter and sugar; add eggs and beat well, then milk and soda. Add flour alternately. Last add cocoa. Bake in layers.

ICING

Boil 2 cups sugar with ½ cup water until it threads from spoon. Pour over beaten eggs and beat until it is stiff, then place between and on top of layers.—Mrs. J. B. Beaird, Orrville, Ala.

Fudge Cake

3 eggs
1 c. sugar
½ c. flour
¼ cake bitter chocolate
½ stick butter
1 c. nuts
1 tsp. vanilla

Beat eggs very stiff; add sugar, flour. Dissolve butter and chocolate in double boiler. Add nuts and bake in quick oven 15 minutes.

Devil's Food Cake

1½ c. sugar
2 c. flour
1 egg
3 oz. cocoa
½ c. hot water
½ c. buttermilk
1 tsp. soda
½ c. butter
1 tsp. vanilla

Cream butter and sugar and add egg. Dissolve cocoa in hot water; pour into first mixture. Add flavor and buttermilk alternately, beating thoroughly. Bake in moderate oven.

Devil's Food Cake

½ c. butter
1 c. sugar
3 egg yolks
½ c. milk
1¾ c. flour
2 tsp. baking powder
¼ tsp. ground cloves
½ tsp. cinnamon
1 tsp. flavoring
2 squares bitter chocolate
3 egg whites

Place chocolate and hot water into a sauce pan and cook and stir 3 minutes until thick and glossy. Remove from fire; add egg yolk beaten, butter, sugar and salt. Stir in the flour sifted with the baking powder. Add vanilla; at the last stir in the boiling water in which the soda is dissolved; beat until smooth and pour into a shallow pan. Bake in a moderate oven about 30 minutes. Cover with Chocolate Fudge Icing.—Mrs. J. A. Morrow, Section Valley.

Devil's Food Cake

⅔ c. butter or butter substitute
1½ c. sugar
3 eggs
½ c. hot water
¾ c. cocoa
2 tsp. baking powder
1 c. thick sour milk
½ tsp. soda
1 tsp. vanilla
2 c. flour
½ tsp. salt

Blend butter, sugar and eggs thoroughly in one operation. Beat cocoa in hot water until smooth and add to first mixture. Add milk beaten with soda and flavoring and lastly stir in flour, salt and baking powder which has been sifted together. This makes 2 large layers. Be sure that all measurements are level.—Mrs. Herbert Campbell, Plantersville, Ala.

White Fruit Cake

1 lb. sugar
1 lb. butter
1 lb. sifted flour
12 egg whites, stiffly beaten
2 light tsp. baking powder
2 tsp. vanilla
2 tsp. lemon and almond extract

To this mixture add 3 lbs. raisins (white) which have been soaked over night in whiskey (½ cup), 1 lb. almonds, 1 lb. cherries, 1 lb. citron, 1 lb. pineapple. Flour fruit with ½ cup flour, to which a pinch of soda has been added. Bake in slow oven 3 hours or until done.—Mrs. Theodore Wade, Carlowville, Ala.

Graham Cracker Cake

1 large box graham crackers, rolled and sifted
1 stick butter (¼ lb.)
1 c. sugar
1 c. sweet milk
2 eggs
2 tsp. baking powder
1 tsp. vanilla

Bake in two greased layer tins.

FILLING

2 c. sweet milk
2 eggs
½ c. nuts
1 c. sugar
1 tbsp. cornstarch
1 tsp. vanilla

Place filling between layers. Pile one half pint of whipped cream on top and serve.

Devil's Food Cake

Cream ½ cupful of butter and 1 cupful of sugar. Beat the yolks of 4 eggs until thick and lemon colored and add gradually another cupful of sugar. Combine the mixture; add alternately one cupful of sweet milk and 2⅔ cupfuls of flour in which has been sifted 5 teaspoons of baking powder and a half teaspoon of salt. Mix these well and add the beaten whites of four eggs and four squares of bitter chocolate, melted, and ½ teaspoon of vanilla. Bake in moderate oven.

CHOCOLATE ICING (Soft)

Cut four squares of bitter chocolate into small pieces and put into saucepan. Add one cupful of sugar and one and one half cupfuls of milk. Bring to boiling point, stirring constantly. Mix three tablespoonfuls of cornstarch with two tablespoonfuls of cold water; add slowly to first mixture, stirring until thickened. Remove from fire. Add two tablespoonfuls of butter and one teaspoonful of vanilla. Cool and spread.

Boiled Raisin Cake

- 1 box raisins (seeded)
- 2 c. sugar
- 1 c. butter
- ½ tsp. cloves
- ½ nutmeg
- ½ tsp. salt
- 1 tsp. cinnamon

Put above ingredients in boiler; pour over this 2 cups boiling water; put on stove and let come to a boil. Take off stove and at once add 2 level teaspoons soda. Let cool and then add 4 cups flour and one cup nuts. Bake in loaf in moderate oven.—Mrs. F. L. Clark.

California Cake

- ½ c. shortening
- 1½ c. sugar
- 4 eggs
- 3 c. flour
- 3 tsp. baking powder
- 1 tsp. orange extract
- 1 tsp. salt
- ¼ c. water
- ¾ c. orange juice
- 1 tbs. orange rind

Cream the shortening. Add one half cup sugar and when well blended add egg yolks, beaten until light with one half cup sugar. Beat well; measure flour and sift with baking powder and salt. Add alternately with orange juice and cold water. Beat egg whites until stiff, adding slowly ½ cup sugar, orange rind and orange extract. Fold into the first mixture and bake in three greased layer cake tins for 25 minutes in a moderate oven (375°F.).

Marble Cocoa Cake

- 3 tsp. cocoa
- 2 c. flour
- 1 c. sugar
- ½ c. shortening
- 3 tsp. baking powder
- ½ tsp. nutmeg, cinnamon and allspice
- 3 egg whites
- ⅔ c. sweet milk
- ½ tsp. vanilla
- ¼ tsp. soda

Cream shortening and sugar. Sift and add baking powder. Then add milk and flour alternately to creamed mixture. Add flavoring and beaten whites of eggs. Separate the batter in halves and to one half add three teaspoons cocoa, nutmeg, cinnamon, allspice, and soda. Beat well and drop into a pan with horn in middle; first white then dark batter. Bake 45 minutes in moderate oven.

My Favorite Cake

- 12 egg whites
- ½ lb. butter
- 1 c. milk
- 1 lb. flour
- 1 lb. sugar
- 5 level tsp. baking powder
- Lemon, orange and vanilla

Cream butter and sugar; add milk alternately; sift flour and baking power several times then add. Beat whites stiff and add to the mixture; add flavoring. Bake in layer or loaf pan.—Mrs. H. L. Thornton, Selma, Ala.

Upside-Down Pineapple Cake

- ½ c. sugar
- 2 tbsp. butter
- 2 tbsp. pineapple juice
- 3 slices of pineapple

Stir the sugar in a smooth frying pan until it is melted, then allow it to brown. Add the butter and the pineapple juice and cook until a fairly thick syrup is formed. Place the sections of pineapple in the syrup and cook for 1 or 2 minutes or until they are light brown, turning them occasionally. Have ready a well-greased heavy baking pan or a baking dish.

Place the pineapple on the bottom and pour the syrup over it. Allow this to cool so it will form semi-solid surface, then pour in the following cake batter:

CAKE BATTER

¼ c. butter
½ c. sugar
1 egg
½ c. milk
1½ c. soft wheat flour
2 tsp. baking powder
1 tsp. vanilla

Cream the butter, add the sugar, the well-beaten egg, and vanilla. Sift the dry ingredients together twice and add alternately with the milk to the butter, sugar, and egg mixture. Pour this over the pineapple. The batter is rather thick and may need to be smoothed on top with a knife. Bake slowly in a very moderate oven (300° to 325°F.) for ¾ of an hour. Loosen the sides of the cake; turn it carefully upside down. If the fruit sticks to the pan, lift it out and place it on the cake in the place where it should be. Serve with or without whipped cream or hard sauce.

Nut Cake

8 eggs
3 c. sugar
2 c. butter
1 c. molasses
4 tbsp. cinnamon
1 tbsp. allspice
1 tbsp. nutmeg
1 tsp. cloves
1 tsp. soda
5 c. flour
1 lb. seeded raisins
1 lb. pecans

Mix in order given.—Mrs. Walter Wilson.

Layer Jelly Cake

3 eggs
2 c. sugar
½ c. butter
½ tsp. soda
Pinch salt
½ c. buttermilk

Beat eggs; add sugar, salt and butter; stir well. Add milk and soda and enough flour to make stiff batter. Bake in moderately hot oven. Spread jelly while cake is hot.—Mrs. T. L. Landers.

Jam Cake

1 c. sugar
½ c. butter
⅓ c. sour milk
2 c. flour
1 c. jam
4 eggs (reserve 3 whites for icing)
1 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg

Cream butter and add sugar, creaming until soft. Add jam, beaten egg yolks and spices. Sift flour, measure and add alternately with milk. Soda is mixed with last half cup of flour. Any kind of jam may be used. —Mrs. C. E. Parnell, Maplesville, Ala.

Harvest Cake

2 c. sifted flour
2 tsp. baking powder
¼ tsp. salt
⅓ c. butter or shortening
¾ c. brown sugar
2 egg yolks
⅔ c. milk
1 tsp. vanilla

Sift flour and measure. Add baking powder, salt, and sift 3 times. Cream shortening and add sugar and cream until light and fluffy. Add egg yolks beaten well. Add flour and milk alternately, then vanilla. Beat until smooth, bake in two layers.

Harvest Moon Frosting

2 egg whites, unbeaten
1 c. brown sugar (firmly packed)
¼ c. water
1 tsp. vanilla

Put egg whites, sugar, salt, and water in top of double boiler and beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater and cook 9 minutes or until frosting will stand in peaks. Remove from fire and add vanilla, beat until thick enough to spread. (A delicious cake and frosting.)—Mrs. E. F. Epp, Marion Junction, Ala.

Sponge Cake

2 eggs
1 c. sugar
2 c. flour
3 tsp. baking powder
1 tsp. vanilla

Cook first mixture in iron skillet or pan until thick syrup. Put in layer of sliced pineapple with cherry in center of each. Pour in cake batter, cook in medium oven and serve with whipped cream. (Serving for 8.)—Virginia Burgess, Orville, Ala.

Velvet Cake

½ c. shortening
1½ c. sugar
4 egg yolks
½ c. cold water
1½ c. flour
½ c. cornstarch
3 tsp. baking powder
4 egg whites
½ c. blanched and shredded almonds

Cream shortening. Add sugar gradually. Add yolks of eggs well beaten, and water. Mix and sift flour, cornstarch, and baking powder and add to first mixture. Then add the whites of eggs beaten stiff. After putting in pan, sprinkle with almonds and powdered sugar. Bake in a moderate oven 40 minutes.

Prize Cake — White Layers

1 c. butter
2 c. sugar
1 c. milk
2 c. flour
½ tsp. salt
2 tsp. baking powder
7 egg whites
1 tsp. lemon flavoring

Beat the butter and sugar to a cream. Add the milk, then the flour, salt, and baking powder sifted together. Fold in very gently the stiffly beaten whites of the eggs. Bake in layers.

Dark Layers

½ c. butter
1 c. sugar
7 egg yolks
½ c. milk
2 c. flour
1 tsp. lemon
2 tsp. baking powder
½ tsp. ground nutmeg
½ tsp. cloves
½ tsp. cinnamon
2 tbsp. chocolate
1 tsp. vanilla

Beat the butter and sugar until creamy. Add the yolks of eggs beaten until thick and then put in the milk. Sift together the flour and baking powder three times and add to the ingredients with the flavoring; beat well. Bake in layers.—Lelie Sample.

Spanish Layer Fruit Cake

2 eggs
1⅓ c. sugar
⅓ c. shortening
1½ tsp. lemon extract
1½ c. milk
2½ c. flour
3 tsp. baking powder
⅛ tsp. salt

Beat eggs and add shortening, sugar, lemon extract, and milk. Mix well; then add flour, baking powder, and salt. Bake in greased layer cake pan in hot oven for 10 minutes. Put cake together with fruit filling.

Bunny Cake

4 eggs
1½ c. granulated sugar
2 c. flour
2 tsp. baking powder
1 c. boiling water
¼ tsp. salt
1 tsp. lemon extract

Beat eggs until very light. Then beat in, a little at a time, the sugar and flour which has been sifted with salt and baking powder. Add the boiling water, a small amount at a time; then add the flavoring. Put into ungreased large size cake tin. Bake in a slow oven, starting at 250 degrees and increasing to 350 degrees for about one hour. When cake is cold cover with frosting.

Witches' Cake

1¾ c. sugar
½ c. shortening
2 eggs
½ c. sour milk
1 tsp. vanilla
½ c. boiling water
4 tbsp. melted chocolate
2 c. sifted flour
1 tsp. baking powder
½ tsp. soda

Sift flour three times with baking powder and soda. Cream shortening. Add sugar gradually, egg yolks, melted chocolate, and vanilla Add dry ingredients alternately with sour milk and water. Fold in stiffly beaten egg whites. Bake in two large layers about 25 minutes in moderate oven. Cover with white frosting and paint Hallow'een designs on with melted chocolate.

Golden Glow Cake

½ c. shortening
1 c. sugar
1½ c. sifted flour
¼ tsp. salt
½ c. sweet milk
1 tsp. vanilla
2 tsp. baking powder
4 egg yolks

Cream shortening with wooden spoon until it is like whipped cream. Add sugar very slowly. Blend well. Sift flour before measuring. Fill the cups with a spoon. Put the baking powder and salt into the flour. Sift again three times. Alternate flour and milk into the shortening and sugar. Beat yolks of eggs until they are like a lemon color. Add to the above mixture the flavoring. Start cake in slow oven. Bake in layers and cover with boiled frosting.

BOILED ICING

2 c. sugar
1 c. boiling water
3 eggs (whites)

Place on stove in boiler. Boil until mixture will form a ball when dropped in water. Have whites well beaten in bowl. Pour the boiling syrup over egg whites whipping all the while. Pour in slowly so as to keep from lumping. Flavor with vanilla and a bit of almond flavor.

Caramel Cake

½ c. shortening
2 eggs
1 tsp. baking powder
2 c. flour
1 c. sugar
½ c. sweet milk

Cream shortening and sugar. Add sweet milk and then the beaten egg yolks. Add flour, sifted three times with baking powder. Beat very hard. Then add beaten whites. Bake in two layers.

CARAMEL ICING

1 c. sugar
⅜ c. butter
½ c. milk

Cream sugar and shortening thoroughly. Place on stove until sugar turns a light brown color. Take off and add milk. Put back on stove and cook until mixture drops heavily from spoon. Then beat until sufficiently thick to spread on cake.

Maryland Black Cake

1 c. shortening
2⅔ c. brown sugar
1 nutmeg, grated
1 tsp. ground cinnamon
1 tsp. powdered cloves
1 tsp. powdered ginger
6 eggs (separated)
2½ c. flour
4 c. seeded raisins
6 c. currants
2 tsp. baking powder
½ c. molasses
½ c. sherry wine or fruit juice
2 c. shredded candied citron peel

Cream shortening well. Add one-half cup sugar mixed with spices and mix well. Add remainder of sugar mixed with well beaten eggs and beat for five minutes. Beat whites of eggs and add them. Mix the flour with the currants, raisins cut in half, baking powder mixed with molasses and wine. Mix carefully and place one-fourth of this mixture in a large cake pan lined with greased paper. Then sprinkle in a layer of citron. Bake in a moderate oven. Cover cake with greased paper while baking it. It may be necessary to put a pan of hot water in the oven to moderate the heat, or place a tin or asbestos mat underneath.

North Pole Cake

½ c. shortening
2 c. sugar
4 eggs
1 c. milk
1 tbsp. molasses
5 tsp. baking powder
3½ c. flour
½ lb. figs
½ c. raisins

Cream shortening and add sugar gradually. Then add well beaten egg yolks and milk. Sift flour and baking powder together thoroughly and add to mixture. Beat egg whites to stiff froth. Bake one-half of the mixture in a layer pan. To the remainder, add the fruit, molasses, and spices to taste. Bake, and put the layers together with white mountain cream.

One, Two, Three, Four Cake

3 c. flour
4 eggs
2 c. sugar
2 tsp. baking powder
1 c. shortening
1 c. sweet milk

Beat egg yolks with one cup sugar. Beat shortening and other cup sugar, mix and add one-half cup flour; then alternately the milk and flour (that has been sifted with the baking powder). Add the stiffly beaten egg whites.

Chocolate Cake

1 c. shortening
2 c. sugar
5 egg yolks
1 c. sour milk
1 tsp. soda
½ cake chocolate
2½ c. flour
2 egg whites

Cream shortening well. Add sugar gradually and mix quite smooth. Add beaten egg yolks, milk, soda dissolved in one tablespoon hot water, and the chocolate melted in hot water. Stir all together, then add the flour. Lastly fold in the beaten whites of two eggs.

Graham Cracker Cake

1½ c. sugar
1 c. shortening
4 eggs (well beaten)
1 large box graham crackers (rolled and sifted)
1 c. flour
1½ c. milk
2 tsp. baking powder
1 tsp. vanilla

Combine all ingredients in order given and bake in four layer cake pans.

R. E. Lee Cake

13 eggs
Sugar equal to weight of 5 eggs
Flour equal to weight of 7 eggs
Grated rind and juice of 2 lemons

Beat egg yolks until thick and light yellow. Gradually beat in the sugar and well beaten whites. Add flour alternately, folding in lightly. Cook in layers in medium oven.

ICING BETWEEN CAKE

Juice of 5 oranges, grated rind of 3
Juice of 3 lemons, grated rind of 2
2 lbs. pulverized sugar

Mix and let stand until dissolved. Put on layers.—Mrs. Joe Hull, Selma, Ala.

Gold Mine Cake

1¼ c. sugar
¾ c. shortening
8 egg yolks
¾ c. milk
2½ c. cake flour
3 tsp. baking powder
1 tsp. vanilla

Cream shortening and sugar until very smooth. Add the beaten egg yolks and milk. Sift the flour once and measure. Add the baking powder and sift three times. Add vanilla and beat vigorously for three minutes. Bake in layer in moderate oven.

Peach Cake

1½ c. sugar
⅔ c. shortening
3 c. flour
2 tsp. baking powder
⅔ c. peach juice
4 egg whites
1 tsp. vanilla

Sift flour, measure, and sift twice with baking powder. Cream shortening. Then mix sugar and flour. Cream with shortening alternately with peach juice until all is added; then fold in the stiffly beaten egg whites and put in a loaf pan. Bake in moderate oven 40 minutes. When cool, cut cake to make three layers. This leaves the pores of the cake open. Fill and cover ½ inch with peaches cooked to a batter or peach preserves.

Reliable Cake

4 eggs
1 c. shortening
2 c. sugar
1 c. sweet milk
4 c. sifted flour
2 tsp. baking powder
1 tsp. flavoring

Beat egg yolks and whites separately. Beat shortening and sugar until creamy. Add beaten eggs, both whites and yolks. Beat again until well mixed, then add milk and flour with baking powder sifted together. Beat well and add flavoring. Bake in a moderate oven.

Sponge Cake

4 eggs
1 pt. milk
3 tbsp. butter
4 tbsp. sifted flour
3 tbsp. sugar

Mix flour in part of the milk cold. Put rest of milk in boiler and set in pan of boiling water. When hot stir in the cold milk and flour. Stir briskly until well cooked; then set off the fire. Add sugar and butter, then yolks of eggs well beaten; then whites beaten stiff. Pour into a buttered pan or dish, set in pan of hot water and bake in moderate oven.

Sauce for Pudding

1 c. rich milk
1 c. sugar

Mix and set in pan of hot water, beat gently until it thickens. Take from fire and let cool before adding ½ cup good wine and plenty of nutmeg.—Mrs. W. S. Harrell.

Trifle

Place thin slices of sponge cake in deep bowl. On this place thin slices of any fruit desired, peaches, pineapple or strawberries. Pour over this a boiled custard, flavored with wine or the cake may be soaked in wine. Pile whipped cream on top.

Uncooked Fruit Cake

1 lb. dates
1 lb. raisins
1 lb. currants
½ lb. figs
½ lb. citron
1 lb. shelled pecans
Orange peel

Grind dates, raisins, currants together, and put in juice of 1 lemon. Add citron, nuts and orange peel. Mix well, mold and roll in crushed corn flakes or other cereals.—Mrs. A. J. Finlayson, Plantersville, Ala.

Pound Cake

5 eggs
2 c. sugar
1 c. melted butter
1 qt. sifted flour
1 c. sweet milk
2 tsp. baking powder
Flavoring, lemon and vanilla

Cream butter and sugar. Add eggs and beat well. Then alternate milk and flour.—Mrs. J. B. Beaird.

Wholesome Cake

6½ c. whole wheat flour
½ lb. shortening
1 lb. raisins
5 tsp. baking powder
1 tsp. mixed spices
½ lb. moist sugar
2 c. sweet milk

Rub the shortening into the dry flour. Add all other ingredients, stirring in the milk as quickly and lightly as possible. Kneading is unnecessary. Turn at once in two well greased baking pans. Bake about 2 hours, taking care not to burn.

Raisin Loaf Cake

1½ c. brown sugar
1 c. shortening
2 eggs
1 c. buttermilk
3½ c. flour
½ tsp soda
½ tsp. nutmeg
5 tsp. baking powder
½ tsp. salt
½ tsp. cinnamon
½ tsp. cloves
½ tsp. ginger
1½ c. chopped raisins

To chop raisins, heat food chopper in boiling water and put raisins through coarse cutter. Cream together shortening and sugar. Add beaten eggs and buttermilk. Sift together remaining dry ingredients and sprinkle a portion over the chopped raisins. Combine all ingredients and beat thoroughly. Bake in a greased paper-lined loaf pan for one hour in a moderate oven (300° F.).

Nut Cake

¼ c. shortening
1 c. sugar
1 tsp. vanilla
½ tsp salt
⅔ c. cold water
2 c. flour
⅓ c. nut meats
2 tsp. baking powder
2 egg whites, stiffly beaten

Cream the shortening and sugar for two minutes. Add the vanilla, salt, cold water, flour, and baking powder. Beat for two minutes. Add the nuts and fold in the stiffly beaten egg whites. Pour into a shallow pan, which has been lined with waxed paper. Bake in a moderately slow oven for 30 minutes. Remove the cake from the pan and tear off the paper. Allow to cool.

Orange Feather Cake

¼ c. butter
1 c. sugar
1 egg beaten very lightly
Grated rind 1 orange
½ c. milk
1½ c. sifted flour
2 tsp. baking powder

Mix as a butter cake and in the order of enumeration. Bake in square pan and, when cold, cover with confectioner's frosting made with orange juice and a teaspoon lemon juice.

Fruit Cake

1 lb. flour
1 lb. sugar
1 lb. butter
12 eggs
1 c. warm water or fruit juice
1 tsp. soda
2 lbs. raisins (seeded)
1 lb. currants, washed and dried
½ lb. citron, cut in slices
½ lb. almonds, blanched
½ lb. pecans
½ lb. crystallized pineapple
½ lb. crystallized cherries
¼ lb. orange peel
3 tbsp. cinnamon
1 tbsp. spice
½ tbsp. cloves
1 large nutmeg, grated
1 tsp. mace

Sift flour and spices together several times. Cream butter and sugar together. Drop in yolks one at a time, beating all the time. Beat whites stiff. Dissolve soda in water and add flour and water alternately. Add fruit after it has been thoroughly floured with flour not of the pound for the cake. Lastly fold in whites of eggs, pour into two greased and papered pans. Steam two hours and bake one hour.—Mrs. J. A. Lee, Plantersville, Ala.

Nut Cake

¾ c. butter
2 c. sugar
1 c. wine or grape juice
3 c. flour
4 eggs
1 qt. pecans
4 tsp. baking powder

Cream butter and sugar and well beaten eggs. Add flour and wine alternately, then add nuts and bake in loaf in a moderate oven.

Birthday Cake

1 c. butter
1½ c. sugar
5 eggs
⅓ c. milk
2¼ c. flour
1 tsp. vanilla extract
1 tsp. lemon extract
2 tbsp. baking powder

Cream butter thoroughly. Beat in sugar, a little at a time. Add flavoring and yolks of eggs beaten until pale yellow. Add milk, beating in a little at a time. Beat egg whites until light. Sift flour with baking powder three times. Add alternately small portions of egg whites and flour; stir mixture until light and fluffy. Bake in greased loaf pan in moderate oven (375° F.) about one hour. Cover with following ornamental frosting:

FROSTING

1½ c. granulated sugar
½ c. water
2 egg whites
1 tsp. flavoring
1 tsp. baking powder

Boil sugar and water without stirring until syrup spins a thread. Add slowly to egg whites; add flavoring and baking powder. Beat until smooth and stiff enough to spread. Put over boiling water; stirring continually until icing grates slightly on bowl. Spread on top and sides of cake.—Mrs. C. C. Gay.

Bakeless Cake

½ lb. graham crackers, rolled fine
½ lb. marshmallows, cut fine
½ c. nuts, chopped
½ c. thin cream
10 maraschino cherries

Mix thoroughly. Press firmly into a tube pan lined with waxed paper. Let stand over night or longer. Turn out. Serve with whipped cream.—Mrs. J. B. Beaird.

Inexpensive White Cake

3 egg whites
1½ c. sugar
½ c. butter
3 c. flour
1 c. sweet milk
4 tsp. baking powder
1 tsp. lemon extract
¼ tsp. salt

Cream butter and sugar. Add alternately dry ingredients and milk. Beat well, add extracts and whites. Bake in layers or in one pan.—Mrs. J. W. Farmer, Plantersville, Ala.

Apple Sauce Cake

2 c. flour
1 c. sugar
3 tbsp. cocoa (if preferred)
1 tbsp. cloves, cinnamon, nutmeg
1 c. large raisins
1 c. small raisins
¼ lb. citron
⅛ lb. orange peeling
1 lb. English walnuts
2 tsp. soda
1½ c. sour apple sauce
½ c. wine or lemon juice
½ lb. butter

Sift dry ingredients except soda. Mix soda with apples. Add remaining contents slowly. Bake 1 hour.—Mrs. Leon Askew, Atlanta, Ga.

Refrigerator Cake

1 c. finely chopped nutmeat
1 c. raisins, or ½ c. dates, chopped fine
1 c. figs (preserves)
3 c. stale cake crumbs or graham crackers
½ c. cream
¼ tsp. salt

Mix well. Pack in paraffin lined loaf pan. Place in refrigerator 24 hours to mellow. Slice and serve as you would fruit cake or serve with whipped cream.—Mrs. J. B. Kerridge, Selma, Ala.

Five Egg Cake

1 c. butter
1 c. sugar
1 tsp. vanilla
1 tsp. lemon extract
5 eggs
⅓ c. milk
2¼ c. flour
2 tsp. baking powder

Cream butter thoroughly. Beat in sugar, a little at a time. Add flavoring and yolks of eggs, beating until pale yellow. Add milk, beating in a little at a time. Beat egg whites until light. Sift flour with baking powder three times. Add alternately small portions of egg whites and flour. Stir mixture until light and fluffy. Bake in greased loaf pan in moderate oven about one hour.—Mrs. R. R. Fuller.

Snow White Cake

2 c. sugar
1 c. milk
½ c. shortening
3 c. flour
½ tsp. salt
4 eggs
½ tsp. lemon extract
½ tsp. almond extract
2 tsp. baking powder

Blend shortening and sugar. Add milk and flavoring. Add dry ingredients which have been sifted together. Fold in egg whites which have been beaten very stiff. This makes three layers.

FILLING

Beat yolks of the 4 eggs until light. Mix 1 cup sugar, ¼ tsp. salt, 2 tbsp. flour. Blend with beaten egg yolks. To this mixture add ¼ cup cold water and juice and rind of 1 lemon. Cook in double boiler until thick. When cool spread between layers. Use white icing for top of cake. —Mrs. J. A. Sample, Plantersville, Ala.

Prune Cake

1 c. sugar
¾ c. butter
3 eggs separated
½ c. buttermilk
1 tsp. soda
2 c. flour
2 tsp. cinnamon
2 tsp. allspice
1 c. cooked prunes

Mix and bake in two layers. Put together with the following:

PRUNE FILLING

½ c. cooked, chopped prunes
2 tbsp. butter
1 c. sugar

Cover all with 7 minute icing made with brown sugar.

Japanese Fruit Cake

1 c. butter and
2 c. sugar (creamed together)
6 eggs
1 c. sweet milk
3 large cups flour
2 tsp. baking powder

Divide batter. Bake ½ plain, and into ½ add a teaspoon each cloves, cinnamon and spices and ½ lb. raisins.

FILLING

2 c. sugar
3 tbsp. flour
1 egg
1 lb. butter
Grated rind and juice of one large or two small lemons
1 c. boiling water

Cook until thick. Beat and add 1 cup cocoanut, 1 large cup nuts. Spread between layers.—Mrs. E. L. Watson.

Black Walnut Cake

4 eggs not separated
1 c. butter
2 c. sugar
3 c. flour
2 tsp. baking powder
1 c. cold water
2 c. black walnuts

Sift flour 4 times with baking powder. Mix in order given.

Date Cake

2 eggs
2 c. flour
1 c. sugar
½ c. butter
1 c. English walnuts
1 box dates
1 c. boiling water

Cut up dates, pour cup boiling water and 1 level teaspoon soda over them. Let cool before adding to butter, sugar, and egg yolks. Mix nuts with flour. Add beaten whites of egg last. Bake in moderate oven.—Mrs. W. S. Harrell.

Quick Date Cake

3 tbsp. soft shortening
2-3 c. brown sugar
1 egg
¼ c. milk
⅞ c. flour
1 tsp. baking powder
¼ tsp. cinnamon
Few grains nutmeg
½ c. dates, cut in small pieces

Put ingredients in bowl and beat all together about three minutes. Put in small greased and floured muffin tins and bake 20 to 25 minutes at 350 to 375 degrees. Frost with any simple frosting.

Coffee Cake

1 c. brown sugar
1 c. crisco or butter
1 c. sirup
1 c. coffee (strong)
4 c. flour, sifted with 1 tsp. soda
1 tbsp. allspice
1 tbsp. cinnamon
1 tbsp. cloves
1 box seeded raisins
1 egg

Add any amount of nuts desired; at least two cups. Mix ingredients and bake.—Mrs. E. W. McCrary, Orrville, Ala.

Devil Food Cake

5 eggs
2 c. sugar
1 c. butter
3 tsp. soda
1 c. sour milk

Cream butter and sugar. Add soda dissolved in milk. Add eggs and bake in layers. Put together with chocolate filling.

CHOCOLATE FILLING

3 c. sugar
1 c. sweet milk
Butter size of egg
3 tbsp cocoa

Boil all together until it forms a soft ball in cold water. When done beat until cool enough to spread; flavor with vanilla.—Mrs. E. W. McCrary, Orrville, Ala.

Inexpensive Fruit Cake

2 c. flour
2 tsp. baking powder
¼ tsp. ground cloves
½ tsp. nutmeg
1 tsp. cinnamon
1 tbsp. cocoa
½ tsp. salt
¼ c. butter
1 c. sugar
1 egg
1 c. milk
1 c. raisins
1 c. nuts
1 c. citron preserve (diced)
1 c. figs (chopped)

Sift together flour, Baking Powder, cloves, nutmeg, cinnamon, cocoa, salt. Cream together butter and sugar. Add egg, milk, raisins, nuts, citron, figs. Bake in moderate oven about 2 hours.—Mrs. James Young.

Cookies

Standard Cookies

½ c. butter	¼ c. milk
1 c. sugar	2 tsp. baking powder
1 egg	2½ c. flour or enough to make a stiff dough
1 tsp. vanilla	

Cream the butter, add sugar gradually, egg well beaten, milk and flavoring. Mix and sift the dry ingredients and add to first mixture. If a rolled cookie is desired, chill the mixture and roll out, part at a time, on a floured board to about ¼ in. thickness. Shape with cutter and bake on a buttered sheet in a hot oven. If a soft, thick cookie is desired, use a little more liquid, drop from a spoon one inch apart on a buttered sheet and bake in a hot oven until brown. Remove from sheet as soon as taken from oven.

Lemon Cookies

Use recipe for Standard Cookies, above, substituting 3 tsp. lemon juice for the vanilla.

Cocoanut Cookies

Use recipe for Standard Cookies, above, adding ½ c. shredded cocoanut and a few more drops of milk.

Sour Cream Cookies

1 c. sugar	1 tsp. baking powder
½ c. lard	½ tsp. soda
½ c. sour cream	1 c. flour
1 egg well beaten	

Flavor to taste. Mix ingredients and add enough flour to stiffen. Bake in quick oven.—Fanny Raney.

Filled Cookies

⅓ c. shortening	1 tsp. vanilla
1 c. sugar	½ tsp. salt
1 egg	4 tsp. baking powder
½ c. milk	1¾ c. flour

FILLING

2 tsp. flour	½ c. nuts
½ c. sugar	½ c. raisins
½ c. water	

Mix cookies, roll thin, cut in fancy shapes. Cook filling until thick. Spread between 2 layers of cookies dough. Press together and bake in quick oven.

Date Bars

Put 1 c. of pitted dates and 1 c. of walnuts through the chopper. Beat lightly 2 whole eggs with 1 c. of sugar. Add 3 tbsp. milk to 3 tbsp. of flour; add 1 tsp. baking powder and sift over dates and nuts. Bake in buttered biscuit pan. Cut in bars one inch by two inches.—Mrs. H. A. King.

Individual Strawberry Short Cake

½ c. butter
3 c. flour
3 tsp. baking powder
½ tsp. salt
1 egg well beaten
1 c. milk

Sift flour, baking powder, and salt four times. Cut butter in with two knives. Add milk. Last add beaten eggs. Drop by spoons full on well greased biscuit pan. Bake twenty minutes in hot oven. Split when done. Butter and sprinkle sugar between them. Before serving add strawberries cut in halves. Top with whipped cream and put a large whole berry on top. This will serve eight people generously.—Mrs. William T. Molette.

Sour Cream Cookies

1 c. white sugar
½ c. lard
½ c. sour cream
1 egg well beaten
1 tsp. baking powder
½ tsp. soda

Add 1 tsp. baking powder and ½ tsp. soda sifted with a cup full of flour. Flavor to taste. Add enough flour to stiffen. Roll and bake in quick oven.—Fannie Raney, Marion Junction, Ala.

Ice Box Cookies

1 c. white sugar
1 c. brown sugar
1 c. lard
3 eggs
1 tsp. soda
1 tsp. salt
1 c. nuts or raisins
1 tsp. vanilla

Work sugar, lard, and eggs together. Then work in 5 cups of flour in which has been put the soda and salt. Form into a roll about the size of a rolling pin, wrap in oil paper. Put in ice box. Slice off as you wish to cook.—Mrs. J. B. Beaird, Orrville, Ala.

Strawberry Shortcake

2 c. flour
4 tsp. baking powder
½ tsp. salt
1 egg
½ c. butter
½ c. milk

Mix and sift dry ingredients. Chop butter in with knife. Beat egg and add to milk. Pour this in dry ingredients and mix well. Double the recipe for a large cake and bake in 2 layer cake pans; otherwise, bake in 1 pan and when done make an incision 1 in. from edge all around and take off top in 1 piece. Also remove part of the center to bottom piece so as to make room for the strawberry filling. The strawberries should be mashed and sweetened and allowed to stand 1 hr.; ¼ c. sugar to 1 c. of ripe berries should be used. Save out some large berries to put on top. Just before serving sprinkle top with confectionery sugar. Use surplus juice for sauce.

Tea Cakes

2 c. sugar
3 eggs
1 tsp. soda
½ c. buttermilk
1 c. butter

Cream sugar and butter. Dissolve soda in milk and add to mixture. Add beaten eggs and enough flour to make dough stiff enough to roll and cut. Flavor with 1 tsp. vanilla or nutmeg.—Mrs. E. W. McCrary, Orrville, Ala.

Rolled Chocolate Cookies

½ c. shortening
2½ c. flour
1 c. sugar
1 egg
1 tsp. salt
¼ c. water or milk
2 tsp. baking powder
2 oz. melted chocolate or 6 tbsp. cocoa

Cream shortening well; add sugar gradually. Beat yolks until thick and add creamed sugar and shortening. Sift together dry ingredients. Add dry ingredients and milk alternately. Beat or stir batter only enough to make it smooth. Add flavoring.—Mrs. J. P. Ezell, Selma, Ala.

Dixie Sweet Wafer

(A Batter)

3 eggs
1 c. sugar
1 c. top milk
1 tsp. vanilla or lemon
Pinch of salt

Flour enough to make thin batter about as thick as good buttermilk. Beat eggs until light, add sugar and half of milk, add flour and beat free of any lumps. Add salt and flavoring. Thin batter with the remaining milk, which gives a thin batter. Bake and roll while hot.

Rosettes

2 eggs
3 tsp. sugar
¼ tsp. salt
1 c. milk
1 c. flour

Beat eggs slightly; add sugar, salt, and milk. Stir in flour gradually and beat until smooth. Use Grismold Patty Irons and fry in hot fat for about 35 sec. This recipe will make about forty rosettes.—Mrs. George F. Maxwell.

Afternoon Tea Dainties

2 cakes cream cheese or 8 oz. loose cream cheese
½ lb. sweet butter
2 c. flour
¾ c. chopped nuts
1 tsp. salt
Jelly (tart jelly better)

Cream cheese and butter together and work in the flour with the finger tips. Roll out thin on slightly floured board. Spread with jelly and sprinkle with nuts. Roll like a jelly roll. Chill. Then cut in ¼ in. slices. Bake in hot oven for about 10 minutes or until brown.

Ginger Snaps

½ c. shortening
4 c. flour
½ c. brown sugar
1 tsp. ginger
2 tsp. salt
¾ c. molasses
few grains cayenne

Mix shortening thoroughly into flour, using tips of fingers or pastry mixer; then add sugar, ginger, salt, and cayenne. Mix well and moisten with molasses. Knead thoroughly. Chill, roll thin cut and bake in moderate oven.—Mrs. A. J. Finlayson, Plantersville, Ala. First Prize in County Contest.

Soft Ginger Cookies

1 c. fat
2 c. brown sugar
2 eggs
3 lbs. milk
½ c. molasses
1 tsp. ginger
2 tsp. cinnamon
1 tsp. cloves
1 tsp. soda
½ tsp. salt
4 c. sifted flour
1 c. raisins

Cream fat and sugar two minutes. Add rest of ingredients. When mixed break off small bits of dough. Flatten down several inches apart on greased baking sheet. Bake in moderate oven for 12 minutes.—Mrs. W. S. Harrell.

Cocoanut Kisses

2 c. sugar
4 egg whites, stiffly beaten
1 tsp. vanilla
¾ c. cocoanut

Fold sugar gradually into egg whites. Add vanilla. Drop from teaspoon on ungreased baking sheet. Sprinkle with cocoanut. Bake in a slow oven 45 to 50 minutes. Cocoanut kisses should be a delicate brown and rather crisp and dry.

Ginger Bread

1 c. molasses
1 c. sugar
2 tbsp. melted butter
½ tsp. salt
1 tbsp. cinnamon
½ tsp. cloves
½ tsp. ginger
1 egg
1 c. sour milk
1 tsp. soda
2 c. flour
1 c. raisins
1 c. nuts
1 c. fig preserves

Mix in order given and bake 30 minutes in moderate oven.—Mrs. W. A. Burgess, Orrville, Ala.

Date Cookies

2 c. brown sugar
⅔ c. shortening
½ tsp. salt
3 eggs
1 tsp. vanilla
1 tsp. soda in water
Enough flour to make dough.

Mix in soda given; roll out thin as possible. Cook until thick.

FILLING

1 c. brown sugar
⅔ c. nuts
1 c. water
2 c. dates
2 tbsp. cornstarch

Put 1 tsp. filling between each piece of dough. Cook in moderate oven. Makes around 45 or 50 cookies; depending upon size of cutter used.—Virginia Burgess.

Soft Ginger Bread

1 c. sugar
1 c. molasses
1 c. butter
2 eggs, well beaten
3 c. flour
2 tsp. soda
2 tsp. ginger
2 tsp. cinnamon
1 tsp. allspice
½ tsp. each cloves and nutmeg

Cream butter. Add sugar gradually, molasses, and eggs. Sift flour, measure and sift again with soda and spices. Add to butter mixture alternately with milk; beat, bake in moderate oven.—Mrs. Wade Stevens.

Peanut Cookies

1½ c. melted lard, not butter
1 c. brown sugar (white sugar will do)
1 c. white sugar
add three well beaten eggs
1 c. ground raw peanuts
5 c. flour sifted twice
2 tsp. soda
1 tsp. salt
1 heaping tsp. cinnamon

Do not roll out dough. Pinch off piece size of walnut or smaller. Place in pan; not close together. Mash down with hand real flat and bake in slow oven. These cookies are good with or without cinnamon.—Mrs. C. C. Gay.

Jam Gems

2 eggs
½ c. butter
1 c. jam
2½ c. flour
½ c. buttermilk
1 tsp. soda
1 tsp. cinnamon
2 tbsp. cocoa
¾ c. sugar
1 tsp. vanilla

Cream butter and sugar; add jam, milk, with soda dissolved in it, then flour, cocoa, cinnamon, and vanilla. Bake in muffin tins. Makes about 24 cakes.

Vanilla Wafers

1 tsp. vanilla
1 egg
1 c. sugar
½ c. buttermilk
½ c. butter
2 c. flour
1 tsp. soda
1 tsp. baking powder

Mix. Drop by teaspoons on well greased tins. Bake in quick oven about ten minutes. This makes four dozen cookies.

Russian Cream Cookies

1 c. shortening (any kind)
1½ c. brown sugar
2 whole eggs
1 tsp. soda dissolved in 3 tbsp. hot water
1 tbsp. vanilla
1 c. nuts
1 c. raisins
4-6 c. flour

Cream sugar and shortening. Add the well beaten eggs and beat until light; stir in soda and water. Add vanilla, nuts, raisins, and flour. Drop with tsp. on buttered pans and bake a delicate brown.—Mrs. C. E. Cook, Selma, Ala.

Pin Wheel Cookies

½ c. shortening
½ c. sugar
1½ tsp. baking powder
1 tsp. vanilla
3 tbsp. milk
1 egg
1½ c. flour
1 square unsweetened chocolate
⅛ tsp. salt

Cream shortening with sugar; add egg, beat thoroughly. Sift flour, measure and sift with baking powder. Add salt, then add alternately with milk to first mixture. Mix well, divide dough into two portions. Add chocolate which has been melted over hot water to one portion. Turn white portion onto lightly floured board. Roll in thin oblong sheet. Roll chocolate dough onto sheet same size. Place one over the other roll as jelly roll. Chill thoroughly; cut in thin slices. Place on baking sheet and bake in moderate oven 10 minutes.

Cornflake Macaroons

2 c. brown sugar
3 egg whites
1¼ c. shredded cocoanut
1½ c. cornflakes
½ tsp. vanilla
A few grains of salt

Beat egg whites stiff; add sugar gradually. Fold in remaining ingredients. Drop teaspoonful on greased baking sheet. Bake in moderate oven until golden brown.—Mrs. Will Sherrer.

Oatmeal Cakes

2 c. rolled oats
2 c. flour
1 c. shortening
2 eggs
1½ c. sugar
¾ tsp. soda
1 c. raisins
1 c. nuts
½ tsp. salt
1 tsp. nutmeg
1 tsp. cinnamon
½ c. sour milk

Mix soda in milk. Chop raisins and nuts together. Sugar, eggs, and shortening together. Drop dough tbsp. at a time in a greased pan to bake.—Mrs. R. Lee Moore, Orrville, Ala.

Date Bars

1 c. broken nuts
1 box dates
1 c. flour
¾ c. sugar
3 eggs
2 tsp. baking powder
⅛ tsp. salt

Mix dry ingredients. Add nuts and dates to the well beaten eggs. Bake in two shallow square pans. Cut in bars. Roll in powdered sugar. —Mrs. Robert Harrell, Atlanta, Ga.

Butterscotch Cookies

2 eggs
2 c. brown sugar
1 c. butter
1 c. chopped nuts
4 c. flour
1 tsp. soda
1 tsp. baking powder
½ tsp. salt
nutmeg and vanilla

Cream eggs, butter and sugar and nutmeg. Add flour, salt, soda, and baking powder. Add chopped nuts last. Shape into two rolls about one and one-half inches round. Put into ice box over night. Slice thin and bake in moderate oven.

Cocoanut Macaroons

2 c. cocoanut
2 egg whites
½ c. granulated sugar
2 tsp. flour
½ tsp. baking powder

Beat eggs smooth and stiff. Add sugar slowly. Then flour, baking powder which has been sifted. Stir in cocoanut. Drop on greased pan and bake in moderate oven.

Fruit Ginger Bread

½ c. butter
½ c. sugar
1 c. molasses
1 c. stoned raisins
½ c. water
1 tsp. soda, dissolved in water
1 beaten egg
1 tsp. ginger
2½ c. flour
Pinch salt

Cream sugar and butter and add the other ingredients. Bake in a moderate oven.—Mrs. F. W. Farmer.

Chocolate Tea Cakes

1½ c. sifted flour
1½ tsp. Baking Powder
½ tsp. salt
½ c. butter or other shortening
1 egg, well beaten
½ c. sugar
3 tbsp. milk
2 squares Unsweetened Chocolate, melted.
1 c. Cocoanut, Premium Shred

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening. Combine egg and milk, and add to flour mixture. Then add chocolate and blend. Chill until firm enough to shape. Shape into small balls, roll in cocoanut, and flatten slightly. Bake on greased baking sheet in hot oven (400°F.) 10 minutes. Makes 2 dozen cakes.

Ice Box Cookies

2 c. sugar (brown or white)
1 c. shortening
2 eggs
½ tsp. salt
3½ c. flour
1 tsp. soda, dissolved in a little hot water
1 tsp. vanilla
1½ c. nuts, coarsely broken

Cream sugar and shortening; add unbeaten eggs. Beat this mixture well, then stir in salt, soda, vanilla, nuts, and last of all add flour. Work in making a stiff dough. Roll this into oblong loaves with ends about 1½ to 2 inches across loaf. Harden in ice box over night or longer. Then slice into very thin cookies and bake from 6 to 8 minutes in a hot oven or an inverted tin. This makes about 10 doz. cookies.

Sweet Wafers

1 c. sugar
1 tbsp. butter
2 eggs
2 c. sifted flour
1 c. sweet milk
Flavor, if desired

Mix as for cake batter and bake in slightly greased wafer irons.

Doughnuts

4 c. sifted flour
4 tsp. baking powder
½ tsp. salt
¼ tsp. nutmeg
1 c. sugar
2 eggs, well beaten
¼ tsp. lemon extract
2 tbsp. melted butter or other shortening
1 c. milk

Sift flour once, measure, add baking powder, salt, and nutmeg, and sift together three times. Combine sugar and eggs; add lemon extract and shortening. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Knead lightly on slightly floured board. Roll ⅓ inch thick. Cut with floured doughnut cutter. Fry in deep fat (385°F.), turning frequently, until a golden brown. Drain on unglazed paper. Sugar if desired. Makes 4 dozen small doughnuts.

Tea Cakes

1 c. butter
2 c. sugar
¾ c. sour cream
3 eggs
1 tsp. nutmeg

Flour to make stiff enough to roll and cut. 1 tsp. soda, dissolved in small amount of water. Mix dry ingredients and add liquid. Bake in quick oven.—Mrs. T. M. Martin, Plantersville, Ala.

Sweet Wafers

1 pt. sweet milk
2 oz. butter
½ lb. sugar
6 eggs, beaten separately.
½ lb. flour

Mix like cake batter and cook in wafer irons; roll on knife, and sprinkle with powdered sugar.—Mrs. B. L. Adison.

Ice Box Cookies

1 c. shortening
1 c. brown sugar
1 c. white sugar
3 eggs well beaten
1 c. chopped nuts
5 c. flour
1 tsp. mixed spices
1 tsp. cinnamon

Mix ingredients and shape into a roll. Place in ice box over night. Slice thin and bake in moderate oven. This mixture will keep several days on ice, if you do not bake it all at once.—Mrs. W. S. Harrel.

Chocolate Pecan Cookies

½ c. butter
1 c. sugar
1 egg
½ c. milk
2 c. flour
2 tsp. Baking Powder
4 tbsp. Cocoa
½ c. pecans

Cream butter and add sugar gradually; then egg well beaten. Sift all dry ingredients together; add chopped nuts. Combine alternately with the milk to the first mixture. Drop by spoonsful on a well greased cookie sheet or shallow pan. Bake for 10-15 minutes.—Mrs. C. E. Cook, Selma, Ala.

Jelly Cookies

3 sticks of butter (¾ lb.)
1 c. sugar
2 eggs
¼ tsp. salt
1 tsp. vanilla
4 c. flour

Cream butter and sugar; add eggs and beat well. Add flour, salt, and vanilla. Drop by small spoonfuls on greased tins. Make a depression in each cookie. Drop into this a small amount of jelly. Cook in a quick oven.

Grandma's Christmas Cookies

One-fourth cup butter, one cup sugar, two eggs, one cup molasses, one cup sour cream, two teaspoons soda, one-fourth pound of mixed candied peel, one-fourth pound of chopped pecan meats, one teaspoon cinnamon, one-fourth teaspoon nutmeg. Add sufficient flour to roll out. Cut with fancy cutters, and bake in moderate oven. These improve with keeping.

Economical Sugar Cookies

Two cups sugar, one cup shortening, one cup sour milk with one teaspoon soda, flour to make a soft dough that is just stiff enough to handle. Brush with milk and sprinkle with colored sugar. These cookies cut in fancy shapes, or cut in animal shapes with currant eyes, please the children when hung on the Christmas tree.

Christmas Hermits

1 c. sugar
½ c. butter and lard mixed
½ c. molasses
½ c. lukewarm water
1 tsp. soda
1 tsp. cloves
1 tsp. cinnamon
½ tsp. salt
1 c. raisins or dates finely cut
1 egg
3 c. flour

Cream sugar and shortening, add molasses and soda dissolved in lukewarm water. Add flour sifted with spices and salt. Add finely cut fruit and add beaten egg last. Drop on buttered baking sheet and bake in a moderate oven (350°F.) 10 to 12 minutes. These cookies are rich and spicy but very economical.

Christmas Fruit Cookies

Cream two pounds brown sugar and one pound lard. Add two eggs well beaten, three cups of molasses, and three cups of sour cream in which two teaspoons of soda have been dissolved. Use enough flour to make a stiff dough, adding one teaspoon each of nutmeg, anise, allspice, clove, and cinnamon before sifting. Add one pound of chopped fruits (dates, pineapple, cherries, citron, orange and lemon peel, and figs), and one cup chopped nuts. Roll and cut in desired shapes, and press a nut or candied fruit in center before baking. Bake in a moderate oven. Makes dozen.

Frozen Almond Cookies

Three-fourths pound shortening, one cup white sugar, one cup brown sugar, three eggs well beaten, one teaspoon soda dissolved in hot water, five cups flour, one-half teaspoon baking powder, one teaspoon cinnamon, one-fourth teaspoon salt, one teaspoon vanilla, one-half pound blanched and chopped almonds. Mix in order given. Shape into rolls or oblong and let stand over night in cool place. Slice thin and bake.

Gingerbread Men

One-half cup shortening, one-half cup boiling water, one-half cup sugar, one-half cup molasses, four and one-half cups flour, two teaspoons ginger, two teaspoons cinnamon, one-half teaspoon cloves, one and one-half teaspoons soda, one teaspoon salt. Melt shortening in boiling water and add sugar and molasses. Add flour sifted with spices, soda, and salt. Add more flour if necessary. Chill, roll thin, and cut in men shapes, making raisin eyes and buttons. Bake for ten minutes in a moderate oven or at 325 degrees F.

Surprise Cookies

Two and one-half cups sifted flour, two teaspoons baking powder, one-half teaspoon ground nutmeg, one-half cup Crisco or other shortening, one cup white sugar, two well beaten eggs, one grated lemon rind, one tablespoon cream. Sift all dry ingredients thoroughly. Cream shortening, add gradually the other ingredients, and blend thoroughly. Roll on floured board and spread with a layer of the following mixtures; one cup stoned dates and one cup figs ground together. Roll like jelly roll and slice in thin slices. One may sprinkle colored sugar or confectioner's candy on the top for variety. Bake on cookie sheet in hot oven.

Marshmallow Cookies

½ c. shortening
¾ c. sugar
2 eggs
1½ c. pastry flour
1½ tsp. baking powder
½ c. milk
½ tsp. flavoring

Cream the butter and add the sugar. Separate whites from yolks of eggs. Beat yolks till light and add to creamed shortening and sugar. Add milk, flour, flavoring and baking powder; beat thoroughly. Beat egg whites until stiff and add to batter. Pour in large pan one inch thick and bake in moderate oven 45 minutes. When brown, take out and cut in three-cornered pieces; add three mashmallows to a piece and set in oven until marshmallows are brown.

Macaroons

2 eggs
1 c. sugar
2 c. flaked toasted breakfast food
⅛ tsp. salt
1 c. shredded cocoanut
Almond flavoring

Beat the egg whites with the salt until stiff. Add the sugar and beat thoroughly. Fold in the cocoanut and toasted flakes which have been crushed in the hands. Add the flavoring. Place by teaspoonsful on oiled paper and bake in a moderate oven for about 20 minutes, or until delicately browned and well set.

Bran Date Bars

1 c. flour
2 tsp. baking powder
¼ tsp. salt
1 c. Bran
1½ c. sugar
1½ c. chopped dates
1 c. walnut meats, crushed
4 eggs
3 tbsp. milk

Sift together flour, baking powder, and salt. Add sugar and bran mixing well; add nuts and dates. Beat yolks of eggs well and add to them milk; then add to flour and bran mixture. Fold in beaten whites. Bake in thin sheets in greased shallow pans until light brown. Oven about 380°F. When cool cut in slices about 1 by 3 inches and roll in granulated sugar.

Graham Cookies

1 egg
1 c. sugar
¼ c. melted shortening
2 c. pastry flour
1 tsp. baking powder
1 tsp. salt
1 c. buttermilk
2 c. graham flour

Beat egg until light. Add sugar and melted shortening. When well mixed, add flour sifted with baking powder and salt. Then add buttermilk and graham flour. Mix well and add more flour, if necessary. Chill and roll out one-half inch thick; cut with a sharp knife or square cutter. Bake on baking sheet in moderate oven until a delicate brown.

Farmer's Drop Cookies

1 c. sugar
1 c. shortening
1 tsp. vanilla
1 c. milk
3 eggs
3 c. flour
3 tsp. baking powder

Cream shortening and sugar together until very light. Beat eggs and add, beating hard. Add milk slowly so mixture resembles puffy butter. Sift flour and baking powder together three or four times and add to first mixture. Beat hard again and drop from spoon to greased hot gem pans. Bake in moderate oven until well done.

Date Bar

1 egg
1 c. sugar
1 tsp. vanilla
1½ c. flour
2 tsp. baking powder
¼ tsp. salt
1 c. nuts (chopped)
¾ c. dates (seeded and cut into pieces)
½ c. milk

Mix the sugar, milk, and eggs. Mix the remaining ingredients; then add the first mixture. Turn into an oblong or square pan about 9 by 9 inches. Bake at 350 degrees for thirty or forty minutes. When sufficiently baked, remove from pan and place on cake cooler for a few minutes. Cut into narrow strips 1 inch wide and 4½ inches long. Roll each strip in powdered sugar. Store in a tightly covered tin box a few days.

Nut Cookies

1 c. sugar
2 eggs
2 c. flour
2 c. (mixed) of raisins, currants dates and nuts
⅔ tsp. soda
½ tsp. nutmeg
1 tsp. salt
1 c. butter
¾ c. milk
2 c. uncooked oatmeal
1 tsp. cinnamon
¼ tsp. cloves ground

Cream butter and sugar, add well-beaten eggs. Add spices and salt and raisins, nuts and currants, etc., to the flour and oatmeal; then mix this with the batter. Drop from a teaspoon on butter tins, and bake in a hot oven until crisp and brown—about 15 minutes.

Pecan Sticks

½ c. butter
⅔ c. sugar
2 eggs
½ c. milk
1¼ c. flour
½ tsp. salt
2 tsp. baking powder
1 c. pecan meats

Beat the butter and sugar to a cream; add the eggs well beaten, the milk and nuts, and then the flour, salt and baking powder sifted together. Beat thoroughly, and bake in greased finger-roll pans. When cold, cover the tops with a white frosting into which a few extra nuts have been stirred. (Rumford Cook Book)

Spicy Cup Cakes

½ c. shortening
1 c. brown sugar
½ tsp. baking soda
1 tsp. nutmeg
1 c. chopped raisins
2 c. flour
1 egg well beaten
1 tsp. cinnamon
½ tsp. cloves
½ c. chopped nuts
¼ tsp. salt
1 tsp. baking powder
1 c. sour milk

Cream shortening with sugar; add egg, beat thoroughly. Sift flour, measure and sift with baking powder, soda, salt, and spice; add alternately with milk to first mixture; add raisins and nuts. Mix thoroughly. Fill well oiled muffin pans two-thirds full. Bake in moderate oven. Decorate with any desired icing.

Chocolate Cake, with Sour Cream

⅓ c. fat
1 c. sugar
⅔ c. thick sour cream
2 squares chocolate, melted
1 tsp. vanilla
¼ tsp. salt
2 c. pastry flour
1 tsp. soda
1 egg

Cream the fat and sugar. Add the rest of the ingredients and beat for three minutes. Pour into two layer cake pans which have been fitted with waxed paper. Bake for 25 minutes in a moderately slow oven. Cool and frost.

Praline Cookies

2 eggs
2 c. brown sugar
¾ c. butter
1 tsp. soda
½ tsp. salt
3½ c. flour
1 c. nuts
1 c. raisins

Mix well; form into rolls. Let harden in ice box over night. Slice fairly thin; place on greased pan and bake in quick oven until light brown.—Mrs. Lyle Hamilton Smith, Minter, Ala.

Muffin Cakes

1 c. sugar (brown)
2 eggs
8 tbsp. flour
⅓ tsp. baking powder
1 pinch salt
½ tsp. vanilla
1 c. nuts, chopped

Bake in tiny muffin rings and serve with afternoon tea.—Mrs. Lyle Hamilton Smith, Minter, Ala.

Chocolate Pecan Brownies

½ c. butter
1 c. sugar
4 tbsp. milk
2 eggs
1 tsp. vanilla
½ tsp. salt
1 c. flour
½ c. nut meats
2 heaping tbsp. cocoa
½ tsp. baking powder

Mix in order given; pour in shallow pan. Bake 25 minutes in moderate oven. Cut in bars.

Doughnuts

3 c. flour
1 c. sugar
½ tsp. nutmeg
1 tsp. soda
½ c. buttermilk
2 eggs well beaten
1 tbsp. butter

Do not make dough too stiff. Roll, cut, and fry in deep fat.

Cake Muffins or Layer

¼ c. shortening
1 c. sugar
1¾ c. flour
½ c. milk
2½ tsp. baking powder
1 tsp. vanilla
¼ tsp. salt
2 eggs

Cream shortening and sugar and add remainder in order given.

Hermits

2½ c. sifted flour
½ tsp. soda
½ tsp. salt
1 tsp. cinnamon
½ tsp. nutmeg
¼ tsp. cloves
¼ tsp. allspice
½ c. butter, or other shortening
½ c. sugar
2 eggs, well beaten
1 c. raisins, cut
½ c. nutmeats, coarsely cut
½ c. crystalized citron, shredded
¼ c. molasses

Sift flour once, measure, add baking soda, salt and spices, and sift together three times. Work butter with spoon until creamy. Add sugar gradually, and cream until light and fluffy. Add eggs. Add fruits and nuts. Add molasses and blend well. Add flour gradually, beating after each addition until smooth. Drop by teaspoonfuls onto baking sheet. Flatten slightly. Bake in moderate oven (375°F.) 15 minutes. Makes 3½ dozen Hermits.

Cocoanut Prune Strips

2 c. sifted cake flour
¾ tsp. salt
9½ tbsp. shortening
¼ c. cold water (about)
1 lb. prunes, stewed, cooled, and seeded
1⅔ c. cocoanut
½ c. sugar
1 egg, beaten until thick and light
¼ c. milk
Dash of salt

Sift flour once, measure, add salt, and sift again. Cut in half of shortening until mixture looks like meal. Cut in remaining shortening, allowing it to remain in small lumps. Add water, a little at a time, mixing with spatula until dough clears bowl of all flour and pastry. Use as little water as possible. Chill. Roll dough ⅛ inch thick on slightly floured board. Fit into large shallow pan, 13 x 9 inches. Arrange prunes in rows on dough, dot with butter, and sprinkle with sugar. Bake in hot oven (425°F.) 20 minutes. Cover with cocoanut crumb top made by combining cocoanut, sugar, egg, milk, and salt. Reduce heat to moderate (350°F.) and bake 15 minutes longer. Cool and cut in 2 x 4½-inch strips. Makes 1 dozen strips.

Apricots, figs, raisins, and currants, stewed, and if necessary, sweetened and slightly thickened, may be substituted for prunes in this recipe.

Nut Squares to Serve with Ice Cream

- 1 c. sugar
- 1 tbsp. flour
- 2 tsp. baking powder
- 1 c. chopped dates
- 2 eggs (separated)
- 1 c. chopped pecan meat
- 1 tbsp. lemon or orange juice

Beat white and yolks separately, combine and add sugar and orange juice. Sift baking powder, nuts and dates with the flour. Mix all together, place in a shallow, well-greased pan and bake in a slow oven 25 minutes. Cut in squares.

Honey Boys

- 4½ c. sifted pastry flour
- 1 tsp. soda
- 1 tsp. salt
- 2 tsp. cinnamon
- 1 c. strained honey
- ½ c. sugar
- ½ c. milk
- 3 tbsp. shortening, melted
- ½ tsp. vinegar
- 1 egg, well beaten

Sift flour once, measure, add baking soda, salt and cinnamon and sift together three times. Combine honey, sugar, milk, shortening and vinegar. Cook until hot, stirring constantly. Do not boil. Cool. Add egg. Add flour, a small amount at a time, beating after each addition until smooth. Allow dough to ripen in a cool place overnight. Then turn onto floured board and knead well. Roll ¼ inch thick. Cut with gingerbread boy cutter and decorate with bits of raisin, or cut with fancy cutters. Bake in hot oven (425°F.) 10 minutes. Makes 3 dozen cookies.

Soft Molasses Cookies

- 4½ c. sifted flour
- 2 tsp. soda
- 3 tsp. ginger
- 1 tsp. salt
- 1 c. butter or other shortening
- 1 c. sifted brown sugar, firmly packed
- 2 eggs, well beaten
- ¾ c. molasses
- ¾ c. sour milk

Sift flour once, measure, add baking soda, ginger, and salt and sift again. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add egg. Add molasses. Add flour alternately with milk, beating after each addition until smooth. Chill for one hour or more. Turn onto floured board. Roll ¼ inch thick. Cut with scalloped cooky cutter. Bake in hot oven (400°F.) 12 minutes. Makes 3 dozen 3 inch cookies.

Whirligigs

- ½ c. butter—salt
- ½ c. sugar
- 1 egg
- About 2 c. flour
- 1 tsp. baking powder
- Flavoring to taste

Make stiff dough. Sprinkle board with sugar. Take a spoonful of dough, roll between hands to size of lead pencil. Coil on board in sugar. Place on oiled tin. Bake 375 degrees 12 to 15 minutes.

Nut Cookies

- 1 c. sifted flour
- 1 tsp. baking powder
- ⅓ c. butter or other shortening
- ½ c. sugar
- 2 eggs, well beaten
- 1 tsp. lemon juice
- ¾ c. nut meats, chopped

Sift flour once, measure, add baking powder, and sift again. Cream shortening, add sugar gradually, and cream well. Add eggs, lemon juice, flour, and nuts, mixing well. Drop from teaspoon on ungreased baking sheet an inch apart. Bake in hot oven (425°F.) 10 minutes. Makes two dozen cookies. All measurements are level.

Crisp Bran Cookies

1 c. sifted flour
½ tsp. soda
1 tsp. ginger
1 tsp. cinnamon
½ tsp. cloves
½ c. sugar
3 c. bran
2 eggs, well beaten
½ c. molasses
½ c. milk
½ c. shortening, melted

Sift flour once, measure, add baking soda, spices, sugar and sift again. Add bran and mix well. Combine eggs, molasses, milk and shortening and add to bran mixture. Beat well. Drop by teaspoonsful on greased baking sheet 2 inches apart. Bake in hot oven (425° F.) 10 to 15 minutes. Makes 3 dozen cookies.

Vanilla Wafers

8 tbsp. sugar
6 tbsp. melted butter
4 tbsp. milk
2 eggs
4 tsp. baking powder
Flour to thicken
3 tsp. vanilla

Stir the butter and sugar together, add the beaten eggs, then the milk, then the baking powder, flavoring and flour, adding enough of the latter to make a dough. Turn out and roll into a thin sheet, wafer thin; cut out, using a small cutter; lay each cookie in granulated sugar, and bake in a quick oven.

Martha's Cookies

¼ lb. butter
2 c. brown sugar
2 eggs
1 heaping cup flour (sifted)
1 tsp. baking powder
1 c. pecans, chopped
1 tsp. vanilla

Bake thin and cut in squares when cool. Roll in powdered sugar.

Lemon Tea Cakes

2 c. sifted pastry flour
½ tsp. soda
¼ tsp. salt
⅓ c. butter
1 c. sugar
2 egg yolks, unbeaten
Juice of 1 lemon
¼ c. milk
2 egg whites, stiffly beaten

Sift flour once, measure, add baking soda, and salt and sift together three times. Work butter with spoon until creamy. Add sugar gradually, beating after each addition until light and fluffy. Add egg yolks, one at a time, beating until well blended. Add flour, alternately with lemon juice and milk, beating until smooth after each addition. Fold in egg whites. Bake in small greased cup cake tins in moderate oven (375°F.) 20 minutes. Makes 30 small cakes. Frost with Orange Butter Frosting.

Peanut Butter Ice Box Cookies

2 c. sifted flour
3 tsp. baking powder
½ tsp. salt
2 c. Whole Bran
½ c. butter or other shortening
½ c. peanut butter
½ c. brown sugar, firmly packed
1½ c. granulated sugar
2 eggs, well beaten

Sift flour once, measure, add baking powder and salt, and sift again. Add Whole Bran. Cream butter thoroughly, add peanut butter, and cream together until smooth. Add sugars gradually and cream well. Add eggs and blend. Add flour mixture gradually, mixing well. Shape into rolls 1½ inches in diameter and roll in waxed paper. Chill overnight or until firm enough to slice. Cut into ¼-inch slices. Bake in hot oven (400°F.) 8 minutes, or until done. Makes 6 dozen cookies.

Cocoanut Ice Box Cookies

5½ c. sifted Cake Flour
1 tsp. soda
3 eggs, slightly beaten
½ c. brown sugar, firmly packed
1 c. granulated sugar
1½ c. butter or other shortening, melted
¼ tsp. salt
4 c. cocoanut, chopped

Sift flour once, measure, add soda, and sift again. Combine other ingredients in order given and add flour last. Pack tightly in pan, 8 x 8 inches, lined with waxed paper. Chill overnight. Remove loaf from pan, cut in half, and slice crosswise in ⅛-inch slices. Bake in hot oven (400°F.) 5 minutes. Makes 6 dozen cookies.

Brittle Oat Cookies

2 c. oat meal
2 tsp. baking powder
½ c. sugar
1 beaten egg
3 tbsp. flour
3 tbsp. melted butter
½ tsp. nutmeg

Drop from tip of spoon on greased baking sheet, 2 inches apart, as they spread. Bake in moderate oven (350 degrees F.). Let cool before removing from pan, as they are very brittle.

Cocoanut Ice Box Cookies

4 c. sifted flour
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1 c. melted butter or other shortening
1 c. white sugar
½ c. sifted brown sugar, firmly packed
2 eggs, well beaten
2 c. shredded cocoanut
½ c. milk

Sift flour once, measure, add baking soda, salt and cinnamon, and sift again. Combine remaining ingredients. Mix well. Add flour. Stir until blended. Form into two rolls 6 inches long. Wrap in wax paper. Place in refrigerator until thoroughly chilled, or overnight. Cut ¼ inch slices as needed. Bake in quick oven (425°F.) 5 minutes or until brown. Makes 4 dozen cookies.

Brown Sugar Cake

Four eggs, beaten with 1 lb. dark brown sugar. Put on stove in double boiler. Cook until thick like custard. While hot, mix with 1½ cups sifted flour, 1½ level teaspoons baking powder; add 1½ cups chopped pecans, 1 teaspoon vanilla. Grease and flour a biscuit pan (size about 9½x14½). Cook in a quick oven about ½ hour. Cook on rack next to top. When done, let cool in pan and cut in small squares.

Never Fail White Cake

5 egg whites, well beaten
½ c. butter
1 c. milk
2 c. sugar
3 c. flour
3 tsp. baking powder

Cream butter and sugar and work very light; add milk alternately, a little at a time; the flour sifted with baking powder, and whites, then the flavoring. Bake in layer or large sheets. Turn out on linen cloth on firm foundation, remove pan and paper, leave to cool.—Mrs. H. L. Thornton, Selma, Ala.

Bakeless Cake

Crumble one pound of graham crackers in a mixing bowl and add cup of dates cut fine, 1 cup of marshmallows, cut fine, 1 cup of chopped nuts and 1 cup of thick sweet cream. Mix well and place in a square pan or dish. Set in the refrigerator for at least 12 hours before serving. This may be served with or without whipped cream.—Mrs. Marion Woods, Selma, Ala.

Chocolate Cream Cake

3 eggs, beaten separately
3½ c. flour
1¾ c. sugar
1 c. sweet milk
1 scant c. butter
3 level tsp. baking powder
¼ lb. chocolate, melted over hot water
1 tbsp. vanilla

Cream butter and 1 cup sugar. Beat yolks very light and add to remainder of sugar. Now mix these two and to this mixture add flour, having been sifted with baking powder several times, and the beaten whites blending in the chocolate and flavoring last.—Mrs. Marion Woods, Selma, Ala.

Tested and Tried Fruit Cake

Sift together one quart of flour with level teaspoon each of soda and salt, and 4 teaspoons full of mixed spices. Into this rub with fingers two cups sugar then one cup of butter, two lbs. of fruit (any kind desired) and one quart of nuts (any kind) mix well and over this mixture pour one pint of sweet milk (cocoa if desired). Stir well and then break three whole eggs one at the time over this. Add flavoring, (one tablespoon full) and one level teaspoonful baking powder. Steam or bake slowly for three hours. (Black walnuts add greatly to the flavor.) —Mrs. Claud Swink.

Nut Cake (Pecan Cake)

⅔ c. butter
1 c. sugar
2 egg yolks
¾ c. milk
2½ c. flour
3 tsp. baking powder
⅓ tsp. salt
1 tsp. flavoring
1 c. chopped nuts

Beat the butter and sugar to a cream; add the well beaten yolks of the eggs, then the milk, chopped nuts and extract. Sift together the flour, baking powder and salt and add to the other ingredients. Bake in a loaf-cake pan in a moderate oven about forty minutes. (Rumford Cook Book).

Pecan Spice Cake

½ c. butter
2 c. sugar
4 egg yolks
3 c. flour
4 tsp. baking powder
3 tsp. cinnamon
2 tsp. cloves
4 egg whites
¾ c. milk
1 c. chopped raisins
⅓ c. shredded citron
⅔ c. chopped pecans

Follow general directions for mixing butter cakes.

Pork Fruit Cake

1¼ lb. pork
1 pt. boiling water to dissolve
1 tbsp. soda
1 c. dark syrup
2 c. brown sugar
½ tsp. salt
2 lbs. raisins
1 lb. citron
2 lbs. nuts
2 tsp. cinnamon
1 tsp. cloves
7 c. flour

Grind the pork and pour the hot water on the pork to dissolve it; then put 3 tablespoons hot water and dissolve soda. Add the syrup and then the sugar and salt. Sift the flour twice on paper and measure the flour. Put 1 cup over the fruit. Put spice with flour.—Mrs. T. B. Chisolm.

Golden Gate Cake

½ c. shortening
¾ c. sugar
2 eggs
4 tbsp. orange marmalade
2 tbsp. chopped orange peel
1 tbsp. grated orange rind
½ c. water
2 c. flour
2 tbsp. baking powder
1 tsp. salt

Cream shortening and sugar. Add orange marmalade, grated and chopped peel and nuts. Sift flour, baking powder and salt together; add alternately with liquid. Fold in stiffly beaten egg white and bake in loaf pan in a moderate oven.

Cake Fillings and Frostings

Fillings

Lady Baltimore
Lord Baltimore
Lemon Filling
Boston Fruit Cake
Butter
Cocoanut
Fig and Nut
Palm Beach
Chocolate Fudge
Caramel Nut
Cocoanut and Cherry

Frostings

White
Yellow
Chocolate
Chocolate Nut
Caramel
Caramel Nut
Decorative

Lady Baltimore Filling

3 c. sugar
1 c. water
1 c. pecans
3 egg whites
1 c. raisins
5 figs shredded

Cook sugar and water to 240°F. Put between layers and cover the entire cake. Cover with white frosting.

Lord Baltimore Filling

3 c. sugar
1 c. water
3 egg whites
½ c. macaroons, dried and rolled
¼ c. almonds
¼ c. pecans
12 candied cherries
2 tsp. orange extract
2 tsp. lemon juice

Lemon Filling

Grated rind and juice 2 lemons
1 c. sugar
1 tbsp. butter
3 whole eggs

Cook in double boiler until spreading consistency. Put between cakes.

Caramel Frosting

3 c. brown sugar
1 c. water
1 tbsp. butter
1 tsp. vanilla
Cream

Boil sugar and water until syrup forms a soft ball in cold water. Add butter and vanilla and remove from fire. When cold beat until thick and creamy. Thin with cream until of the right consistency to spread.—Mrs. W. C. Herod, Plantersville, Ala.

White Frosting

2½ c. sugar
½ c. karo, white
½ c. water
2 egg whites
1 tsp. vanilla extract

Cook sugar, karo, and water to 242°F.

Yellow Frosting

2½ c. sugar
½ c. white karo
½ c. water
Yolks 4 eggs
1 tsp. lemon extract

Cook sugar, white karo, and water to 244°F.

Chocolate Frosting

2½ c. sugar
½ c. karo
½ c. water
4 squares chocolate
2 egg whites
1 tsp. vanilla

Cook sugar, karo, and water to 238°F. ½ cup nuts may be added just before putting on cake.

Caramel Frosting

2 c. sugar
½ c. caramel syrup-½ c. sugar
½ c. karo
½ c. water
2 egg whites
1 tsp. vanilla

Cook sugar, caramel syrup, karo, and water, to 242°F. ½ cup nuts may be added just before putting on cake.

Decorative Frosting

1 lb. XXXX sugar (sifted)
3 egg whites
1 tsp. vanilla

Boiled Icing

2 c. sugar
1 c. boiling water
3 egg whites

Place sugar and water on stove in boiler. Boil until mixture will form a ball when dropped in cold water. Have whites of eggs well beaten in a bowl. Pour the boiling syrup over egg whites whipping all the while. Pour it slowly so as to keep from lumping. Flavor with vanilla and a bit of almond flavoring.

Pineapple Frosting

1 c. granulated sugar
2 egg whites
½ c. crushed, drained pineapple

Place egg whites in a bowl and beat. Add half the sugar then the pineapple. Beat and add remaining sugar.

Coffee Cake Icing

½ c. graham cracker crumbs
½ c. sugar
1 tsp. mace
3 level tsp. shortening

Mix crumbs, sugar, and mace. Rub shortening in until it is crumbly. Spread thick on top of cake and bake in moderate oven thirty to thirty-five minutes.

Chocolate Fudge Icing

2 c. sugar
¾ c. milk
1 tbsp. shortening
4 oz. bitter chocolate

Place all ingredients in a saucepan. Mix well and cook until a small amount dropped into cold water will form a soft ball. Allow to cool and then beat until thick enough to spread on cake. Eight tbsp. of cocoa may be substituted for the chocolate. Equal parts of granulated and light brown sugar may be used. One tsp. of vanilla added while beating will improve the flavor.

Pineapple Filling

1 c. crushed pineapple
2 tbsp. melted shortening

Confectioner's sugar enough to make stiff enough to spread well between layers and on top of cake.

Fancy Frosting

1½ c. confectioner's sugar
2 tbsp. milk
½ tsp. almond extract
Green vegetable coloring
2 tsp. melted shortening

Moisten sugar with milk until proper consistency to spread. Add flavoring and spread on top and sides of cake, saving a small amount of icing. Add melted shortening to this icing, and a very little green coloring just to make a delicate green to drop over edge to resemble grass. While frosting is soft, make bunnies with large, fresh marshmallows, which are pinched with thumb and finger at one end for nose and at other end for tail. Dip toothpicks in chocolate and make dots for eyes. Large ears are cut from writing paper. Arrange a row of these bunnies around the edge of the cake.

Gold Frosting No. 2

1 c. sugar
⅓ c. water
2 egg yolks
½ tsp. lemon juice
½ tsp. baking powder

Boil sugar, water and lemon juice until when dropped from top of spoon it spins a thread. Remove from fire. Cool slightly and pour slowly over the well-beaten egg yolks. Add vanilla. Beat until proper consistency to spread on cake.

Raisin Frosting

1½ c. sugar
½ c. water
½ c. seeded raisins
2 egg whites
1 tbsp. grated orange rind
¼ lb. shortening
¾ tsp. baking powder

Boil sugar and water without stirring until it spins a thread. Add the chopped raisins and boil for a few seconds; then pour over the stiffly beaten whites of eggs and beat until smooth. Add the orange rind and baking powder and whip thoroughly. Spread between the layers and over the top and sides of cake.

Pineapple Frosting

1 can sliced pineapple
2 c. sugar
3 tbsp. cornstarch
¼ lb. shortening
1 c. water

Cut pineapple in small pieces. Dissolve cornstarch in a little water. Then mix all the ingredients and put half the shortening in. After it is cooked enough to spread, add remainder of shortening. Then spread.

Orange Cream Filling

1 egg white
Juice of 1 orange
2 c. confectioners' sugar

Put egg and orange in a deep bowl. Add sugar gradually, and beat until creamy. Spread on cake.

Caramel Frosting

1 c. dark brown sugar
½ c. granulated sugar
⅔ c. water
2 tbsp. shortening
1 tsp. vanilla

Mix the sugar, water and shortening. Cook over a moderate fire. Stir frequently, until a soft ball forms, when a portion is poured in a cup of cold water. Remove from the fire and set in a cool place for 15 minutes. Do not stir. After the frosting has cooled, add the vanilla and beat until thick and creamy.

Sun Gold Frosting

Grated rind one orange
2 tbsp. orange juice
1 tsp. lemon juice
1¾ c. confectioner's sugar

Mix all ingredients together in a small deep mixing bowl. Then beat with egg beater until smooth and thick enough to spread on the cake.

Pecan Filling for Cake

3 c. granulated sugar
1 c. boiling water
Whites of 3 eggs
1 c. chopped raisins
1 c. chopped pecans
½ c. chopped citron
½ c. candied cherries cut fine
2 tablespoonsful lemon juice

Stir the sugar and water until the sugar is dissolved, then let boil without stirring until the syrup will thread from a spoon; pour upon the whites of eggs, beaten well, beating constantly all the time. Continue beating until icing is cold, add fruit and nuts and spread on the cake.

Soft Chocolate Frosting

½ block Bakers sweet chocolate
1 c. sugar
4 tbsp. flour not sifted
1¼ c. sweet milk
2 tbsp. butter
1 tsp. vanilla

Put milk in double boiler. Add chocolate broken in pieces. Sift sugar and flour together and add gradually to milk after chocolate melts. Cook until very thick; add butter and vanilla and beat well.—Mrs. Wade Sevens, Orrville, Ala.

Plain Icing

4 whites of eggs
2¼ c. sugar
1 c. water
1 tsp. lemon juice
½ tsp. baking powder

Tartaric acid mixed in the proportion of 1 part acid to 2 parts baking powder.

Cook syrup until it drops thick from spoon. Have whites beaten stiff and smooth with ¼ cup sugar. Add syrup to eggs a little at a time, letting the last cook until it threads. After beating well, put over pan of hot water and add baking powder. Cook until it piles without sinking; then it is ready for use.—Mrs. Marion Woods, Selma, Ala.

Lemon Cheese Filling for Cake

2 c. sugar
2 eggs
1 tsp. flour or corn starch
1 tsp. water
1 tsp. baking powder

Rind and juice of two lemons and pinch of salt. Cook in double boiler until thick.

Chocolate Icing

3 c. sugar
2 tbsp. flour
2 tbsp. Karo sirup
2 tbsp. chocolate
1 tbsp. butter

Milk to moisten. Cook until it forms a soft ball. Let stand until cool, then beat until it creams. Add butter before it cools and is warm enough to melt.—Mrs. William T. Molette.

7 Minute Icing No. 1

1 egg white
1 c. brown sugar
½ tsp. maple or vanilla flavoring
2½ tbsp. water
½ c. diced marshmallows and beat thoroughly with Dover egg beater

Place over boiling water and beat until stiff enough to spread.

7 Minute Icing No. 2

1 egg
¾ c. sugar
2½ tbsp. water
Few grains salt
1 tsp. corn sirup
½ tsp. vanilla

Place all together in double boiler and beat constantly for 7 minutes with rotary egg beater.

Butter Icing

3 c. powdered sugar
2 tbsp. milk
⅛ tsp. salt
⅓ c. melted butter
2⅔ tbsp. lemon juice

Sift sugar, combine with melted butter, lemon juice, milk and salt. Beat until creamy. Coffee may be used instead of milk.

Comfort Frosting

2½ c. sugar
½ c. white karo
½ c. water
2 egg whites
1½ tsp. vanilla

Cook together sugar, sirup and water; stir until dissolved. Continue cooking until 242° is reached (without stirring). Pour ½ of sirup slowly over the beaten egg whites. Return remainder to fire and cook to 246°; remove from fire and pour over eggs. Beat until cool and it holds shape. Add vanilla. Can be kept several days packed in a fruit jar.—Mrs. J. D. Giles.

Butter Milk Frosting

2 c. sugar
1 c. buttermilk
1 lump butter size walnut
1 tsp. soda
1 tsp. vanilla

Cook sugar and buttermilk until it forms a soft ball when tried in cold water. Remove from fire. Add soda and butter; beat until proper consistency to spread. 1 cup chopped nuts makes a good addition.—Mrs. M. B. Thornton, Decatur, Ala.

Boston Fruit Cake Filling

To 10 yolks well beaten add
4 tbsp. butter creamed with
1 c. sugar; add
1 lb. raisins
½ lb. citron
1 grated cocoanut
1 c. almonds
1 c. currants

Cook, stirring all the time; flavor with sherry-jell or lemon juice. Put between layers. Enough for 2 cakes.

Butter Filling

Cream
1 c. butter; add
3½-4 c. sugar

Cream 20 to 30 minutes; flavor; and color as desired.

Cocoanut Filling

To 9 egg yolks, add
2 c. sugar and
½ c. cocoanut milk; cook until thick; add
1 cocoanut grated
1 c. pecans

Cook until spreading consistency. Add 2 teaspoons lemon extract.

Fig and Nut Filling

9 egg yolks
1 c. sugar
½ c. fig preserve syrup
Cook until thick; add
1½ c. fig preserves
1½ c. pecan nut meats

Cook until spreading consistency. Flavor with sherry seasoning or lemon juice.

Palm Beach Filling

Put 3 cups sugar and 1 cup water in saucepan. Stir until sugar is dissolved and put on stove to boil. Beat 4 egg whites until stiff. Add 1 tbsp. boiling syrup and continue beating while four more tablespoons of syrup are being added. Let syrup continue to boil until it spins a long thread when dropped from spoon. Add to whites of egg in fine steady stream, beating constantly. Remove egg beater, beat with spoon until cold. Set over hot water and fold over and over until frosting holds its shape. Reserve enough frosting for top and sides of cake and add 2 to 3 squares melted chocolate. To the remaining frosting add:

1 slice candied pineapple cut in small pieces
¼ c. chopped almonds or almond paste
¼ c. chopped filberts
2 tsp. lemon juice
1 tsp. orange juice and
¼ c. figs cut in small pieces

Chocolate Fudge Filling

3 c. sugar
½ c. corn sirup
1½ c. sweet milk
2 squares chocolate
1 tbsp. butter

Cook to 238°F. or until it forms soft ball in cold water. Add butter; cool; beat until creamy and add 1 cup finely chopped nut meats.

Caramel Nut Filling

3 c. sugar
½ c. corn sirup
1½ c. milk
½ c. caramel syrup (½ c. sugar)
1 tbsp. butter
1 c. nut meats

Make caramel syrup. Put sugar, sirup, milk on to boil. When both syrup and other mixture are boiling put together. Cook 238°F. Remove from fire; add butter. Cool. Beat until creamy and add nuts. If it gets too stiff add a little cream.

Cocoanut and Cherry Filling

In Cocoanut Filling substitute
1 c. candied cherries for 1 c. nuts. Splendid flavor

Caramel Filling

1 c. sweet milk
3 c. sugar
½ c. butter
¼ tsp. soda
1 tsp. vanilla
¼ c. sugar burned
¼ c. boiling water to make the caramel

Burn the one-fourth cup of sugar in a saucepan or skillet until melted and dark brown.

Add the boiling water and cook until well blended, and there are not lumps.

Into the large saucepan put the caramel (burned sugar), and all other ingredients and boil rapidly, stirring constantly. Cook until it leaves the trace of spoon, (about ten minutes on gas).

When thick like candy, place pan in vessel of cold water, stirring and beating until thick and creamy—add vanilla while beating—when it begins to look creamy it is ready to go between the layers. Beat a little more, and have it stiffer to cover top. This will put together three layers and cover top and sides. If thermometer is used, boil to 238 degrees.—Mrs. J. E. Melton, Selma, Ala.

Chocolate Never-Fail Frosting

1½ c. sugar
6 tbsp. cold water
2 egg whites
3 or 4 squares (3 or 4 oz.) chocolate, melted
1 tsp. vanilla

Put the sugar, water, and unbeaten egg whites in the top of a double boiler, and place over boiling water; beat for 7 minutes; add the chocolate, and continue to beat 5 minutes. Remove from fire; add vanilla, and beat until of a consistency to spread on the cake.

Fudge Frosting

2 c. 4-x sugar
⅓ c. cocoa
¼ tsp. salt mixed together
2 tbsp. butter
Bring to boiling point.
¼ c. top milk and add to sugar mixture
½ tsp. vanilla and enough milk to make a spreading consistency

Mocha Frosting

2 tbsp. butter
2 c. confectioner's sugar
3 tbsp. strong coffee

Work butter with spoon until creamy. Add sugar gradually, thinning with coffee, until of right consistency to spread. Beat well. Makes enough frosting to cover tops of two 9 inch layers.

Soft Chocolate Frosting

1 c. confectioner's sugar
1 egg, slightly beaten
Dash of salt
2 squares (2 oz.) unsweetened chocolate, melted
½ tsp. vanilla

Add sugar gradually to egg, and beat until smooth and light. Add salt and chocolate and blend well. Add vanilla. Cool before spreading. Makes enough to cover tops and sides of a 6 x 10 inch loaf cake.

Orange Butter Frosting

2 tbsp. butter
2 c. confectioners sugar
3 tbsp. milk
¼ tsp. grated orange rind
¼ tsp. orange extract
A few drops lemon extract

Work butter with spoon until very soft. Add sugar gradually, beating well, thinning with milk until of right consistency to spread. Add orange rind and flavoring. Makes enough frosting to cover tops and sides of two 8 inch layers.

Pineapple Cake Filling

1 c. drained crushed or grated pineapple
½ c. pineapple juice
¾ c. sugar
Juice of 1 lemon
2 tbsp. corn starch dissolved in ¼ c. water or pineapple juice
2 egg yolks
Pinch of salt

Mix all together, cook in double boiler until quite thick. Cool, spread between layers; ice top with white icing, using egg whites from the two eggs. Any cake batter may be used for the layers.

Steamed Icing

2 egg whites	Juice of half a lemon
1½ c. granulated sugar	½ tsp. vanilla
¾ c. cold water	

Reserve 2 tablespoons of sugar to put into the whites. Put sugar and water to boil and cook until it gives a short "hair." While it is cooking beat eggs stiff. Add the sugar as for meringue, continue beating until the syrup is done. Pour over eggs slowly. Place over pan of boiling water, stir and recook, add vanilla and lemon juice. When a point will stand when tested, it is done. Beat until cold or stiff enough to spread. This icing stays soft and can be put on very thick. To test pull up a point in the icing with spoon. If this point stands it is ready to beat until thick. This is a soft, spongy icing, but not very glossy.

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Pies

Raisin Pie

1½ c. seeded raisins.
1½ c. boiling water.
1 tbsp. flour
½ c. sugar
½ c. finely chopped nuts
1 tbsp. lemon rind
Grated rind of ½ lemon

Wash the raisins carefully and cook in the boiling water until tender. Mix the flour and sugar and add to the cooked raisins; stirring until it thickens. Add the lemon gratings and nuts. Cool slightly and bake in a double crust pit. The nuts may be omitted.

Sirup Pie

¾ c. sugar
1 c. syrup
3 slightly beaten eggs
1 tbsp. melted butter

Line a pie plate with the pastry and then over this press ½ cup nut meats. Pour in the filling; bake in a slow oven until firm. This makes an unusually rich pie.

Caramel Pie

2 eggs, separated
1 c. hot milk
1 c. sugar
1 tbsp. flour
2 tbsp. milk
1 heaping tbsp. butter

Melt cup butter and stir into hot milk. Sift sugar and flour and add to well beaten eggs with two tablespoons milk. Pour into boiling milk and cook in double boiler until thick. When almost done add butter. Bake in pastry shell. Use whites for meringue.—Mrs. J. W. Farmer, Plantersville, Ala.

Sirup Pie

1 c. sugar
1 c. sirup
1 c. nuts
3 eggs (not beaten separately)

Put in unbaked pie crust and bake in slow oven.—Mrs. D. M. McDonald.

Apples Glacé

Peel and core 1 dozen firm apples. Make syrup by dissolving 3 cups sugar in 1 cup water; let syrup boil to a thin thread, then drop apples in slowly so the boiling will continue. Cook until apples are tender enough to be stuck with a straw, turning them often with a cane paddle or wooden spoon, so texture will be perfect. Just before they begin to fall apart, lift gently with a perforated spoon and place on a platter. Pour remaining syrup over apples. The apples may be stuffed with raisins, small cubes of cranberry jelly, or nuts. The syrup may be colored with fruit coloring if desired.

Banana Pie

1 c. milk
½ c. sugar
¼ c. butter
2 tbsp. flour
3 eggs, separated
Pinch of salt

Sift flour with sugar. Add salt and mix with butter. Add yolks well beaten and milk. Cook until thick. When cold add bananas and pour into pie crust. Cover with meringue made of whites of 3 eggs and 3 additional tablespoons of sugar. Brown in quick oven.

Butterscotch Custards

2½ c. sugar
6 eggs, separated
1 c. milk
2 tbsp. sugar (browned)
1 tbsp. cornstarch
Butter size of an egg

Boil milk with 1¼ cups sugar. To well beaten yolks add 1¼ cups sugar and stir in milk. Melt and brown and stir into mixture 2 tablespoons sugar. Add butter creamed with cornstarch and cook until thick. Pour into pie crust and top with meringue made of stiffly beaten whites and 6 tablespoons sugar.

Lemon Pie

1 c. sugar
1 c. of wet light bread
3 eggs
Juice of 1 large lemon
3 tbsp. sugar for the meringue
Butter the size of an egg

Remove the crust from fresh bread and dip into a bowl of water until it will take up enough to be wet thoroughly. Squeeze out the water and measure in a cup—not packing too tight. Put the wet bread, sugar, yolks of eggs, lemon juice and butter into a double boiler and cook until thick enough to stand when cut. Pour into a baked crust. Make meringue of the whites and sugar. Cover the top and bake in a slow oven for 10 minutes or until brown.

Cocoanut Custard

¾ c. sugar
1 c. milk
2 c. grated cocoanut
2 tbsp. corn starch
1 tbsp. lemon juice
2 tbsp. butter
3 eggs

Mix corn starch, sugar, and milk together. Separate eggs, add yolks to milk and sugar and cook in double boiler until it begins to thicken.

Add butter, cocoanut, and lemon juice. Stir constantly until thick enough for pie. Pour into a cooked crust; make meringue of the whites, using three tablespoons of sugar. Put over top and bake in slow oven until brown, about ten minutes.

Buttermilk Custard

2 c. buttermilk
1-4 c. butter
1 c. sugar
3 tbsp. flour
3 eggs

Mix flour and sugar together dry; separate egg, beat yolks, light, add sugar, melted butter and buttermilk. Add stiffly beaten whites last. Pour into a pastry, bake as any custard until pastry is brown and filling firm.

Wonder Apple Pie

2 c. thick apple sauce
4 tbsp. candied cherries
4 tbsp. candied orange peel
4 tbsp. candied pineapple
4 tbsp. white raisins
4 tbsp. chopped almonds
4 chopped marshmallows

Blend the fruit which has been cut into small pieces, and add to the slightly sweetened apple sauce. Chill, fill crisp pastry shells, top with whipped cream or meringue.

Vanity Fair Cocoanut Custard Pie

½ recipe Plain Paste
3 eggs, slightly beaten
⅛ tsp. salt
½ c. sugar
3 c. milk, scalded
1 c. cocoanut

Line pie plate with paste. Combine eggs, salt, and sugar; add milk gradually, then add cocoanut, and mix thoroughly. Pour into pie plate.

Bake in hot oven (400°F.) 15 minutes, then decrease heat to moderate 350°F.) and bake 30 minutes longer. Makes one 9-inch pie.

Ambrosia

- 3 oranges, peeled and thinly sliced
- ½ c. powdered sugar
- 1½ c. cocoanut

Arrange layer orange slices in serving dish and sprinkle with sugar and cocoanut. Repeat until all ingredients are used. Topping with cocoanut. Chill. Serves 6.

Cocoanut Jelly Balls

- ¾ c. sifted Cake Flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 1 tbsp. butter or other shortening
- ½ c. sugar
- 1 egg, unbeaten
- ½ c. cocoanut
- ¼ c. milk
- ½ tsp. vanilla
- ½ c. tart jelly
- 1 c. cocoanut

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg, and beat until light; then add ½ cup cocoanut. Add flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in greased muffin pans in moderate oven (350°F.) 20 to 25 minutes. Beat jelly with fork until of right consistency to spread. When cakes are cool, spread top and sides with jelly and roll them in cocoanut. Makes 8 small cakes.

Burnt Almond Charlotte

- 1 tbsp. gelatine
- 2 tbsp. cold water
- 1 c. sugar
- ½ c. boiling water
- Few grains salt
- ½ c. almonds, blanched
- 2 c. evaporated milk
- 1 tsp. vanilla
- Lady fingers

Soak gelatine in cold water and dissolve over boiling water. Caramelize sugar by melting it in frying pan and allowing it to become a golden brown color. Add boiling water and stir until syrup is smooth. Add salt and dissolved gelatine. Allow to cool. Whip evaporated milk. When caramel mixture has begun to thicken, add almonds which have been browned in a hot oven and chopped very fine. Fold in whipped milk and vanilla. Line sherbet glasses with halves of lady fingers and fill centers with burnt almond mixture. To whip evaporated milk place the unopened can of milk in cold water and bring water to boiling point. Remove can and cool quickly in cold water. Place can in refrigerator, or other cold place, until ready to whip. Whip as you would cream.

Pineapple Custard

- ¾ c. sugar
- 1 c. milk
- 4 tbsp. corn starch
- 1 small c. grated or crushed pineapple (about one cup)
- 3 eggs

Separate eggs. Mix corn starch, sugar and milk together. Beat yolks and add to milk, put into double boiler and when it begins to thicken, add pineapple. Stir constantly until thick enough for pie. Pour into a cooked crust. Make meringue of the egg whites and three tablespoons of sugar, put on top, place in oven, cook with slow heat for 10 minutes or until brown. Serve cold.

Chocolate Pudding

1½ c. milk
1 c. sugar
½ c. flour
2 squares of chocolate (melted)
Butter the size of an egg
3 eggs
1 tsp. vanilla
4 tbsp. sugar for meringue

Mix sugar and flour together dry. Warm milk, add beaten yolks and all other ingredients. Pour into a buttered baking dish, cook in moderate oven until firm about 20 minutes. Make meringue and put on top, continue cooking until done or meringue is brown. It will take about 10 minutes or less to make meringue and about the same length of time to cook, which will take the required 20 minutes. The heat should be a little less when the meringue is put in.

Caramel Pie

1 c. brown sugar
1½ c. milk
1 egg yolk
1 tbsp. butter
2 tbsp. flour
1 tbsp. vanilla

Mix all of the ingredients and cook until thick, then pour into a baked pie crust and cover with the whites of 2 eggs. Place in oven until deliciously brown.

Chocolate Flake Pudding

3 c. milk
1 tbsp. butter
2 tsp. cocoa
2 eggs
4½ c. corn flakes
¾ c. sugar

Scald the milk, remove from range and add the sugar, cocoa, butter and flakes. When cool, add the eggs well beaten. Pour into a buttered casserole. This may be served plain or with whipped cream.

Washington Pie

1½ c. flour
3 eggs
1 c. sugar
2 tsp. cold water
1 tsp. baking powder
1 tsp. vanilla

Bake in layer pan. When cold cut in half and put together with following filling:

1 pt. milk
2 eggs
1 c. sugar
2 tsp. cornstarch

Cook without boiling until thick. Cover with whipped cream.

Raisin Pie

4 eggs beaten together
2 c. sugar
1 c. raisins
1 c. pecans
1 c. butter
4 tbsp. flour
1 tsp. vinegar
1 tsp. cinnamon

Cook slowly in raw pastry.—Mrs. H. A. King.

Pumpkin Pie

2 c. stewed pumpkin
2 c. sugar
¾ c. butter
5 eggs
Cinnamon, nutmeg, allspice
Half glass wine or whiskey

Bake in crust.

Molasses Pie

2 eggs
½ c. sugar
2 tbsp. cornstarch
1 tsp. cinnamon
1 c. molasses
1 tbsp. butter

Beat eggs. Add sugar, cornstarch, and cinnamon. Put molasses and butter in pan and cook until thick. Add to egg mixture. Put in uncooked pie shell and cook very slowly, about 300 degrees.—Virginia Burgess.

Chess Pie

6 eggs
2 c. sugar
1 c. butter
2 tbsp. meal
6 tbsp. milk
Juice and grated rind of 1 lemon
A little nutmeg grated over the top of each pie

Bake two rich pie crusts until a light brown and fill with the above mixture. Return to oven; bake at medium temperature until done. A little candied watermelon rind sliced thin and placed on the pie shells before pouring on the pie mixture, makes a delicious variation.—Mrs. Annette Young-Moore, Hebron, Va.

Butterscotch Cream Pie

1 pt. hot milk
½ c. cold milk
½ c. flour
¾ c. brown sugar
1½ tbsp. butter
2 eggs
¼ tsp. salt
½ tsp. vanilla

Blend the flour and salt with the cold milk, add to the hot milk, and cook in a double boiler for 15 minutes. Meantime cook the brown sugar and butter until waxy; add to the mixture in the double boiler. Gradually stir in the beaten egg yolks. Cook for a few minutes; remove from the fire, and add the vanilla. Line a pie tin with pastry and bake until golden brown. Pour the mixture into the baked shell and when slightly set cover with a meringue made by adding 2 tablespoons of sugar to the beaten egg whites, and a little salt and vanilla. Bake in a slow oven for 20 minutes or until the meringue is a light brown.

This butterscotch cream filling is also good served as a pudding with cream, or it may be used as a filling for cream puffs or tarts.

Lemon Meringue Pie

1½ c. sugar
5 tbsp. cornstarch or 6 tbsp. flour
⅓ tsp. salt
2 eggs
grated rind of ¾ lemon
1½ c. boiling water
1 tbsp. shortening
5 tbsp. lemon juice

Thoroughly mix together the corn starch, salt and sugar and add to the boiling water, stirring constantly. When thick transfer to a double boiler and cook for at least ten minutes, add the shortening and slowly stir this into the egg yolks slightly beaten, then add the lemon juice and rind. Add to crust and cover with meringue and brown.

Caramel Pie

6 eggs
2 c. sugar
Butter size of egg
2 c. sweet milk
2 tbsp. flour or corn starch
Vanilla to taste

Put one cup of sugar in sauce pan and brown. Add milk, egg yolks, sugar and corn starch. Stir until thick; add butter and vanilla. Add nut meats, one cup if desired. This makes two pies.

Kershaw Custard

2 c. kershaw (cooked and mashed)
1½ c. sugar
½ c. butter
½ c. buttermilk
1 level tsp. soda
3 eggs beaten separately
Flavor with lemon

Cream butter and sugar; then add kershaw, yolk of egg, and milk with soda dissolved in it. Add the egg whites and flavor. Pour into a crust which has been baked and cook in a moderate oven until a light brown.—Mrs. W. S. Harrell.

Chocolate Pie

1½ c. sweet milk
1 c. sugar
2 eggs
1 tbsp. butter
½ c. flour
1 square chocolate
1 tsp. vanilla
Pinch salt

Put 1 cup milk to heat; mix egg yolks, sugar, butter, flour, ½ cup milk. Pour this into hot mixture and set on stove, stirring constantly. Let your pastry harden in oven. Pour in the custard. Cover with meringue and brown in slow oven.—Mrs. J. A. Hare.

Boston Cream Pie

Make two layers of cake and fill with the following cream filling:

1 c. sweet milk
½ c. sugar
3 tbsp. flour
2 egg yolks or 1 whole egg
½ tsp. vanilla

Mix flour and sugar together dry; beat eggs light; add sugar; scald milk and pour over the mixture. Pour in a double boiler and cook until thick. Let cool, add vanilla and when cold put between two layers; it should be about an inch thick. Cover top with whipped cream which has been sweetened and flavored. The following recipe will make a nice cake for the pie:

1 egg
1 c. milk
1 scant c. sugar
2¼ c. flour
4 tsp. baking powder
1 heaping tsp. butter
1 tsp. vanilla or lemon

Mix as any cake, bake in two layers, put the filling between.

Raisin Pie

1 c. raisins
2 c. water
2 tbsp. Minute Tapioca
¼ tsp. salt
1 egg, slightly beaten
½ c. sugar
3 tbsp. lemon juice
Grated rind of ½ lemon
1 tbsp. butter
1 baked 9-inch pie shell

Soak raisins in water overnight, or for several hours. Add Minute Tapioca and salt, and cook in double boiler 25 minutes, or until tapioca is clear, stirring frequently. Pour a small amount of tapioca mixture over egg, stirring vigorously. Return to double boiler, add sugar, and cook until thickened. Remove from fire, add lemon juice, rind, and butter. Cool. Fill pie shell. Cover with whipped cream.

Lemon Pie

2 tbsp. corn starch
1¾ c. warm water
Juice of one lemon
1 c. sugar
1 tbsp. butter
3 eggs and grated rind of one lemon

Mix cornstarch and sugar together. Add it and the lemon juice to the beaten egg yolks. Pour the water on this mixture. Place in double boiler and stir until thick. Add butter. Pour into baked shell; cover with meringue. Set in slow oven to brown.—Lavada Marshall.

Chocolate Pie

1 baked pie shell
1½ oz. chocolate (1½ sq.)
½ c. sugar
¼ c. cornstarch
1½ c. milk
2 tsp. butter
1 tsp. vanilla
2 egg yolks
Meringue

Shave and melt chocolate; add cornstarch beaten into a little of the milk. Sugar, remaining milk, and mix; add lightly.

Prune Whip

½ lb. prunes
1 c. water
½ c. sugar
¼ tsp. salt
1 tbsp. lemon juice or more
5 egg whites

Wash the prunes through several waters until thoroughly clean. Place in a bowl with the water to soak overnight. In the morning cook the prunes in the water in which they have soaked for 15 minutes or until tender. Press through a colander. Measure the pulp and juice. There should be one cupful. Place the pulp with the sugar over the heat and stir until the sugar is dissolved. Cool. Whip the whites of the eggs until very light. Add the salt and the prune pulp in small quantities until all of it has been mixed with the whites of eggs, whipping always in the same way. Pile the mixture lightly in a greased baking dish surrounded by water. Place in the oven. Bake at a temperature from 250 to 275 degrees F. for 50 to 60 minutes. When baked at this low temperature for this length of time the pudding should not fall after cooling. Serve with custard sauce made from the yolks of the eggs.

Apricot Cream

1 lb. dried apricots
2 c. sugar
½ gal. milk
1 pt. cream
¼ lb. candied ginger
1 tbsp. lemon juice

Cook apricot, run through sieve; add one cup sugar then add ½ gal. milk with other cup of sugar. Chop candied ginger fine; add cream and ginger and freeze.

Cocoanut Sweet Potato Pie

¼ lb. shredded cocoanut
1½ c. mashed sweet potato
1 c. sugar (use more if liked)
1 tsp. cinnamon
3 eggs
2 c. hot milk
1 tbsp. flour
½ tsp. nutmeg

To the sweet potatoes add milk, beaten eggs, cocoanut and dry ingredients which have been sifted together. Pour into one large or two small pie pans which have been lined with pastry. Bake in a moderate oven 350 degrees 45 minutes.

Sour Cream Pie

1½ c. sour cream
1 c. sugar
1 egg
1 heaping tbsp. flour
1 c. seedless raisins
1 tbsp. vinegar
2 tsp. cinnamon
1 allspice
Clove
Pinch salt

Mix in order given and bake in 2 pie crusts.

Cottage Cheese Pie

Cream 1½ c. cream cheese until perfectly smooth with no lumps. It is best to run through a ricer. Add a pinch of salt, 1 good tablespoon sifted flour, and 2 tablespoons cream. Mix well together and in another bowl beat the yolks of 3 eggs with 3 tablespoons sugar until light. Add 1 tablespoon fresh butter and mix well. Pour the contents of the cheese bowl into the egg mixture and add stiffly beaten whites. Sprinkle sugar, cinnamon, and some butter on top. Put in moderate oven. This makes one deep pie.

Pineapple Custard

1 c. grated pineapple
1 tbsp. flour
1 lb. sugar
¼ lb. butter
1 c. milk
5 eggs, beaten separately

Makes four pies.

Lemon Pie

Beat yolk of three eggs and add juice of three lemons; add one can of Dime Brand milk slowly.

Crush one five cent box Graham Crackers. Roll into crumbs. Line pie plate which has been greased thoroughly with butter; press firmly and pour in filling. Cover with meringue and bake in oven 375 degrees. —Virginia Burgess, Orrville, Ala.

Chocolate Pie

1 c. sugar
2 tbsp. corn starch
1 tbsp. cocoa
1 c. sweet milk
2 egg yolks
Pinch salt

Mix sugar, corn starch, salt, cocoa and milk, add beaten egg yolks. Cook until thick; pour into baked pie shells and cover with meringue. Bake slowly for meringue to brown.—Virginia Burgess, Orrville, Ala.

Marshmallow Float

1 large c. grated pineapple
1 large box marshmallows
1 c. pecan, finely chopped

Mix pineapple, marshmallows, cut fine, nuts and let stand over night. Serve with whipped cream.—Mrs. George F. Maxwell.

Marshmallow Souf

4 whites of eggs
1 tbsp. gelatine
½ c. hot water
½ c. cold water
1 c. sugar
1 tsp. flavoring

Beat egg whites stiff. Add gelatine mixed with hot water; add cold water and sugar and beat well. Divide into three parts. Color one-third with a little melted chocolate, another with pink fruit coloring, leave the third white. When the third begins to congeal combine in layers of chocolate, white and pink, using a loaf bread pan which has been dusted with powdered sugar. After standing a few hours the Brick will turn out like ice cream. Serve sliced with whipped cream.—Mrs. E. F. Epp, Marion Junction, Ala.

Old-Fashioned Peach Custard

2 c. cooked, dried peaches, sweetened to taste
3 egg yolks
3 tbsp. sugar
2 c. sweet milk
1 tsp. vanilla

Line pie pan with pastry; put in peaches as for any other pie. Have yolks of 3 eggs, sugar, milk, and vanilla beaten until light. Then pour over peaches. Put in oven to bake until crust is done. Take out and put on meringue made of 3 egg whites and 3 tbsp. sugar.

Molasses Pie

3 eggs
1 c. sugar
1 c. syrup
1 c. sour milk
½ c. butter
1 c. nuts or raisins
1 tbsp. flour
1 tsp. vanilla

Mix in order given. Bake in pastry shell.

Date Pudding

1½ c. pitted dates
½ c. milk
1 c. sugar
1 c. chopped nuts
3 eggs
Spice, if desired
1 c. flour
2 tbsp. butter
1 tsp. vanilla
1 tsp. baking powder
¼ tsp. salt

Mix the milk, sugar, and add the beaten eggs and milk. Sift the dry ingredients and add them to the liquid mixture, reserving enough flour to coat the dates and nuts. Add them and the vanilla. Bake in a shallow greased pan in a very slow oven for 45 to 60 minutes, until set in the center. Cut in squares and serve with whipped cream.—Mrs. E. F. Epp, Marion Junction, Ala.

Cream Pudding

5 light tbsp. sifted flour
8 egg yolks
1 c. sugar
1 tbsp. butter
1 qt. sweet milk

Mix egg yolks and flour and beat hard. Add sugar and butter to beaten eggs and flour; add milk. Last the well beaten whites. Flavor with vanilla. Stir occasionally while baking. Serve hot with hard sauce or cream.—Mrs. J. A. Averitt.

Mock Ice Box Pudding

1 pt. cream
2 boxes chocolate snaps
Marshmallows
Nuts

Whip cream and sweeten slightly; flavor with vanilla. Place in layers in a deep bowl, first the broken cakes, then marshmallows and cream and so on until the bowl is filled. Let stand over night in the ice box. Serve in slices sprinkled with nuts.

Butterscotch Custards

2½ c. sugar
6 eggs separated
1 c. milk
2 tbsp. butter
2 tbsp. sugar (browned)
2 tbsp. flour

Boil milk with 1¼ cups sugar. To well beaten yolks add 1¼ cups sugar and stir into milk. Melt and brown 2 tbsp. sugar and stir into mixture. Add butter creamed with flour, 1 tsp. vanilla and cook until thick. Pour into previously baked pie crust and top with meringue made of stiffly beaten whites and 6 tbsp. sugar.

Boiled Pudding

1 c. sirup
1 c. buttermilk
1 tsp. soda
1 tbsp. spice
1 tbsp. cinnamon
1 tbsp. cloves
1 box raisins.
Butter size of egg
Flour to make stiff batter

Mix in order given. Use a sack like a ten lb. sugar sack. Dip sack in hot water, squeeze, put a little flour into sack then put batter into sack and tie allowing room for rising, drop into boiling water and boil two and one-half hours.

Sauce for Pudding

3 tsp. butter, melted
1 tbsp. flour

Mix well together, then add 1 cup sweet milk and cook until thick. Take off stove and immediately add the stiffly beaten whites of 3 eggs into which 3 tbsp. sugar has been added. Add pinch of salt and ½ tsp. vanilla.—Mrs. E. L. Watson.

Molasses Pudding

1 c. sugar
2 eggs
1 c. molasses
2 tsp. powdered ginger
½ tsp. spice
½ tsp. cloves
½ c. each of butter and lard
3½ c. flour
1 heaping tsp. soda dissolved in 3 tbsp. buttermilk

After mixing thoroughly and just before putting in pan, add 1 cup of boiling water. Measure with the old fashioned tea cups.—Mrs. Martha Orum.

Pecan Brown Betty

1 c. bread crumbs
3 c. apples, chopped fine
⅔ c. sugar
2 tbsp. butter
½ c. pecan meat (chopped fine)
1 tsp. cinnamon

Mix bread crumbs with melted butter, add sugar, spice and chopped pecans. Butter a baking dish placing in same a layer of chopped apples; then a layer of the above mixture of bread crumbs, etc., alternating layers until all materials are used, having the top layer of the bread crumb mixture. Cover and bake in a moderate oven for three-quarters of an hour, removing the lid only during the last fifteen minutes to allow top to brown, serve hot or cold with whipped cream, hard sauce, or lemon sauce.

Plum Pudding

1 lb. beef kidney suet ground
1 lb. sugar
1 lb. flour
1 lb. seeded raisins, chopped
1 lb. seedless raisins
¾ lb. citron, cut fine
1 c. pecan nut meats cut fine
1 c. English walnut meats, cut fine. Almonds or black walnuts may be substituted
9 eggs
2 tsp. salt
4 tsp. baking powder
4 tsp. cinnamon
4 tsp. cloves
4 tsp. mace
4 tsp. nutmeg
2 tsp. allspice (optional)
1 c. cider

Mix the ground suet with sugar until it has the appearance of hard butter creamed with sugar. This can be accomplished best by using the fingers. Mix the fruit and nuts with half of the flour. Beat the egg yolks and whites separately. Add yolks to the suet and sugar, then the fruit and the nuts. Sift together twice the salt, baking powder, spices, and remaining flour. Add these ingredients to the first mixture, alternately with the cider. Fold in the egg whites and mix well.

Grease seven No. 2 tin cans and partly fill with the pudding mixture, cover loosely with the can tops to prevent condensed moisture from setting on the pudding, and steam for 3 hours in a pressure cooker or steamer. If the pressure cooker is used put cans on the rack above the water. Put the lid of the cooker on leaving the petcock partially open but do not clamp down the top. A pudding steamed under pressure is heavy.

After the pudding is done, while still hot seal cans and process for 10 minutes at 5 pounds pressure or 30 minutes in hot water bath.

Before serving set the cans of pudding on a rack in boiling water for about an hour to heat through, loosen with a knife, and turn out on a platter.

Hard sauce made of butter and sugar creamed together is good with this pudding. If a hard sauce that is a little different is desired, flavor with the grated rind of an orange. Any one of the liquid or foamy sauces is also suitable with plum pudding. Some people like best of all to serve a spoonful of vanilla ice cream or mousse on the plate with the hot pudding.—Margaret Garrett.

Charlotte Russe

1 pt. rich cream
1 pt. rich sweet milk
1 c. sugar
4 egg yolks
1 envelope of gelatine

Whip cream, make a custard of milk, eggs and sugar. Soak gelatine in a part of sweet milk until dissolved, pour into the custard and strain. When cold, but not congealing stir in the cream which has been whipped. Flavor to taste. Pour into molds and place in refrigerator.

Pineapple Mousse

1 pt. whipped cream
1 large can diced pineapple
1 bottle diced cherries
1 box marshmallows diced
1 tbsp. sugar
2 egg whites
1 c. nuts, chopped

Whip cream, add fruit, marshmallows, nuts and sugar. Fold in beaten egg whites. Put in refrigerator to freeze. (Serving for sixteen).—Mrs. W. A. Burgess, Orrville, Ala.

Heavenly Hash

2 packages cherry jello
1 large box marshmallows
1 large can grated pineapple
1 c. nuts, chopped fine
1 pt. whipped cream

Prepare jello according to directions and while hot add the marshmallows, cut into small pieces. When this begins to thicken whip until fluffy. Then beat in the nuts, pineapple, and whipped cream and set in cool place to congeal. Top each serving with a spoonful of whipped cream and a cherry.—Mrs. George F. Maxwell.

Charlotte

8 eggs
1 box gelatine
1 qt. sweet cream
9 tbsp. sugar

Whip cream and put to drip. Dissolve gelatine in ½ pt. cold water then add ½ pt. hot water and flavor it. Beat yolks of eggs with sugar. Whip whites of eggs stiff. Mix all, add gelatine last and pour into molds.—Mrs. B. L. Allison.

Snow Pudding

1 tbsp. gelatine	½ c. cold water
1 c. boiling water	1 c. sugar
3 eggs	1 lemon

Soak gelatine in cold water; add boiling water, sugar, juice and grated rind of lemon. Stir until thoroughly dissolved. Set aside to cool. Just as it begins to congeal beat with an egg whip. Fold in the whites of three eggs, beat all until it congeals. Put in ice box or cool place until ready to serve.—Miss Maggie Lee Allison.

Rice and Pineapple

Cook a cup of rice until well done. Season with salt and butter. Put a layer of rice in a pan, then a layer of pineapple. Continue until all the rice is used. Make a layer of pineapple last. Bake this two hours in a moderate oven. Just before putting in the oven, pour over all the juice from pineapple. Just before taking from oven sprinkle generously with raisins.—Mrs. L. E. Baker.

Pineapple Delicious

1 pt. cream	1 large can chopped pineapple
1 c. nuts	10 cent box marshmallows
Sugar to taste	1 tbsp. vanilla

Whip cream stiff and add enough sugar to taste. Drain pineapple well cut in small pieces, add nuts, fruit and vanilla to the whipped cream. Last of all cut up marshmallows in halves and add to the cream. —Mrs. W. C. Skinner.

Fruit Meringue Glacies

4 egg whites	½ tsp. vanilla
1 c. fine sugar	

Beat egg whites until stiff, add sugar slowly, then vanilla. Arrange on buttered paper in saucer shapes and bake 1 hour in very slow oven. When time to serve heap meringue with ½ cup cream whipped to which is added sliced bananas or any preferred fruit and marshmallows.

Jello Supreme

1 pkg. strawberry jello   1 pt. whipped cream
1 c. stewed apricots sweetened or 1 can apricots (juice may be used in place of water in dissolving jello)

Dissolve jello in 2 cups boiling water. If fruit juice is used, use only 1 cup boiling water and when thoroughly dissolved add fruit juice and enough cold water to make up the second cup of liquid. Let jello stand until it is cold and begins to congeal. Beat with dover egg beater until consistency of whipped cream, then add apricots and whipped cream. Let stand over night.

Sweet Potatoes with Apples

3 medium sized sweet potatoes	4 apples
½ c. sugar	3 tbsp. butter

Wash the sweet potatoes and cook them in the skins, when cool skin and slice. Peel and slice apples and place in alternate layers in baking dish. Sprinkle sugar over each layer. Add a little water and bake until apples and sweet potatoes are brown on top.—Mrs. E. F. Epp, Marion Jct., Ala.

Sauces for Puddings

Lemon Sauce

½ c. sugar
1 c. boiling water
1 tbsp. cornstarch or
1½ tbsp. flour
2 tbsp. butter
1½ tsp. lemon juice
Few gratings nutmeg
Few grains salt

Mix sugar and cornstarch, add water gradually, stirring constantly. Boil 5 minutes, remove from fire, add butter, lemon juice and nutmeg.

Vanilla Sauce

Use recipe for Lemon Sauce, above, substituting 1 tsp. vanilla for lemon juice and nutmeg.

Orange Sauce

Whites of 3 eggs
1 c. powdered sugar
Juice and rind of 2 oranges
Juice of 1 lemon

Beat whites until stiff, add sugar gradually and continue beating. Add rind and fruit juice.

Strawberry Sauce

⅓ c. butter
⅔ c. strawberries
1 c. powdered sugar
White of 1 egg

Cream butter, add sugar gradually, egg beaten until stiff, and strawberries. Beat until berries are crushed. Other berries may be used.

Fig Sauce

1 c. syrup drained from figs
⅛ tsp. salt
4 egg yolks
1 tsp. lemon juice

Heat the syrup. Beat egg yolks lightly. Add the salt and hot syrup to the beaten egg yolks, and cook in a double boiler over boiling water until thick and creamy. Cool and add lemon juice.

Cream Sauce

¼ c. butter
1 c. powdered sugar
½ tsp. vanilla
¼ c. heavy cream

Cream butter, add sugar gradually, vanilla, and cream beaten stiff.

Foamy Sauce

½ c. butter
1 c. powdered sugar
1 egg
1 tsp. vanilla

Cream butter, add sugar gradually, egg well beaten, and vanilla. Beat while heating over hot water.

Chocolate Sauce

½ c. sugar
2 tbsp. flour
1 c. boiling water
⅛ tsp. salt
1 square chocolate
1 tsp. vanilla

Melt chocolate in top of a double boiler and add boiling water. Mix dry ingredients, pour liquid over them, and mix thoroughly. Cook 5 minutes and set over hot water until used.

Hard Sauce

⅓ c. butter
1 c. powdered sugar
⅓ tsp. lemon extract or
⅔ tsp. vanilla

Cream butter, add sugar gradually, and flavoring.

Sterling Sauce

½ c. butter
1 c. brown sugar
1 tsp. vanilla
4 tbsp. milk or cream

Cream butter, add sugar gradually, and milk and flavoring drop by drop to prevent separation.

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FINE CAKES AND PASTRY

"In A Class By Themselves"

Ices, Ice Creams

General Directions:

Always scald the can, dasher and cover. Put can in pail, adjust cover and crank. Pack with finely crushed ice and rock salt almost to the cover, and remove crank and cover carefully. Pour in mixture, filling can only ¾ full, replace cover and crank and pack to the top with ice and salt. Use 3 times as much ice as salt for freezing according to measure, and four times as much for packing. Coarse ice gives better results in packing. In freezing turn slowly and steadily, and when mixture is frozen remove ice and salt from around top of can and wipe cover and top. Uncover, remove dasher, and scrape it. Scrape cream from sides of can and stir thoroughly. Cover cream with a piece of clean paper, replace cover of can, and put cork in the hole. Drain off water which has collected in the pail, repack with ice and salt, and cover with a wet blanket, carpet, or newspaper. The cream will ripen and develop in flavor if allowed to stand for several hours.

To insure good frozen desserts it is necessary to use the best ingredients, the ice and salt in the right proportions and to freeze at the proper rate of speed.

Always boil sugar and water together to syrup for water ices, as this melts the sugar thoroughly and gives body to the ices.

When cream is the foundation for the dessert, scald it, and add the sugar to the scalding cream.

When a custard is used as the base of the frozen mixture, cook eggs and milk in a double boiler. Do not add flavoring until all ingredients are quite cold, as extracts are volatile and lose much of their strength if added to a hot mixture.

Genuine Philadelphia Ice Cream is made from sweetened and flavored pure cream without the addition of eggs or any thickening medium.

French Ice Cream has a rich custard as its base.

Punch is a water ice with cordial or other liquor added.

Sherbet is a water ice without the addition of whites of eggs.

Mousse and **Parfait** are cream mixtures frozen without stirring.

Have the liquid perfectly cold when put into the freezer.

When fruit is used do not add it until the mixture is about half frozen; also be sure that all fruit is thoroughly mashed, or it will freeze too hard. Use about one cup of fruit, nuts or macaroons to one quart of cream, and allow room for the cream to expand—one and one-half pints being sufficient for a quart freezer.

Chocolate Ice Cream

1 qt. thin cream
1 c. sugar
2 tsp. vanilla extract
⅓ level tsp. salt
2 squares unsweetened chocolate

Scald the cream, add the sugar and let it melt, and when the cream is cold add the extract, salt and the chocolate, the latter melted by placing it in a cup over boiling water. Stir well to blend the ingredients thoroughly, freeze and stand aside to ripen.

If preferred, the chocolate when melted may be added to the cream while the latter is hot; but the vanilla must be left out until just before freezing as the flavor would be lost if added to the hot mixture.

Philadelphia Ice Cream

1 qt. thin cream
1 c. sugar
Flavoring

Scald the cream, without actually boiling it; add the sugar and, when cold, the flavoring. Freeze, turning the dasher steadily but not too fast. When set, remove the dasher, pack the cream down and put aside to ripen.

Boiled Custard Cream or French Ice Cream

1 qt. milk
1 c. sugar
4 eggs, pinch of salt
2 tsp. vanilla or any flavor desired

Beat eggs together, add salt and sugar, mix well, thin with a little of the warm or cold milk.

Pour the mixture into the hot milk, cook until it thickens enough to coat the spoon. Be sure to cook in double boiler. Too much heat will cause the mixture to curdle. The water under inset should boil moderately to cook mixture. Six or eight egg yolks may take the place of the four whole eggs. When done, add flavoring. Let mixture cool before freezing. Freeze as any cream.

Log Cabin Maple Frenge

(Utilization of egg yolks)

1 c. maple sirup
8 egg yolks
2 c. cream—whipped
¼ tsp. salt

Heat maple sirup in double boiler. Beat egg yolks until thick. Pour hot sirup over eggs, stirring constantly. Cook until thick. Fold in the cream which has been whipped. Freeze.

Lemon Milk Sherbet

1 tsp. gelatine
4 tsp. cold water
½ c. sugar
2 tbsp. water
½ c. corn sirup
½ c. lemon juice
2 c. milk
Pinch salt

Soak gelatine in cold water five minutes. Bring sugar, water, and corn sirup to boiling point. Add gelatine. Cool and add lemon juice. Then add milk slowly. Add salt and turn into tray of electric refrigerator. Freeze without stirring. When partly frozen, turn into bowl, beat until frothy and return to refrigerator.

Peach Ice Cream

1 qt. sweet cream
1 qt. soft peaches
3 c. sugar, more or less, as desired, and acid in peaches.

Peel and mash or put through a strainer the peaches; to them add two cups of sugar; to the cream add the other cup of sugar and the vanilla. Put the cream into the freezer and when it begins to freeze add the fruit; continue freezing until hard enough to pack. The amount of sugar depends somewhat on how much acid the fruit has. Less cream and some milk makes a good cream, but not quite so rich. Some like a custard with the fruit added. When this is used, make one quart of custard for one quart of peaches after peeled and mashed. Let the custard be cooled before using and follow the directions as in the other recipe.

Fig Ice Cream

Make the same as peach, using less sugar, about two cups. Figs are sweet and require less sugar.

Maple Parfait

1 pt. thick cream
2 egg yolks
¾ c. maple sirup

Whip cream and drain to be sure there is no milk or liquid. Heat sirup to boiling point and pour over the beaten egg yolks. Let get cold. Fold in the cream and pour into a pan and place in the freezing unit in refrigerator. It will take several hours to freeze. It may be wise to stir once to prevent sirup from forming at the bottom.

Pineapple Trifle

1 package Orange Jell-O
1 c. boiling water
1 c. fruit juice and cold water
1 c. canned grated pineapple, drained
1 orange, free from membrane, cut in pieces, and drained
½ c. cream, whipped
½ c. sugar

Dissolve Jell-O in boiling water. Add fruit juice and water. Chill. When slightly thickened, beat with rotary egg beater until of consistency of whipped cream. Fold in fruit and whipped cream, to which sugar has been added. Turn into freezing tray of automatic refrigerator. Chill 1½ to 2 hours. Serve in slices, with or without a sauce of shredded fresh pineapple, slightly sweetened. Serves 8.

Rennet Ice Cream

1 qt. sweet milk
1 pt. cream (sweet cream)
1¼ c. sugar
1 tbsp. rennet
1 tsp. vanilla
1 tsp. lemon extract
Pinch salt

Put sugar into milk and heat until lukewarm or tepid. Remove from fire, add flavoring, mix well. Add rennet and give one good stir, place in cool, dark place to set or clabber.

When firm, pour into freezer, add cream and freeze as any cream. Junket tablets may be used in place of rennet. Use as directed on package. Caramel, chocolate or sweetened fruit may be used with this. Add chocolate or caramel to milk before heating, as the milk must be quiet after the rennet is added. More sugar may be added if a very sweet cream is desired.

Caramel Ice Cream

1 qt. full milk
1 pt. cream
1¼ c. sugar
4 tbsp. flour
1 egg (or 2 yolks)
2 tsp. vanilla
Pinch salt
½ c. sugar made into caramel

Put milk into double boiler to heat. Mix flour and sugar together dry. Moisten with a small portion of the milk, warm or cold. Add the egg and mix well. Add about one cup of the milk (which by this time should be hot) to the sugar mixture to thin, then pour into the hot milk and cook until it thickens enough to coat the spoon. Remove from fire; add cream to hot mixture. Add caramel and vanilla. Set aside to get cold. Freeze as any cream.

Sherbet

12 c. sweet milk
2 c. sugar
6 lemons

Boil milk and chill. Squeeze lemons and add sugar and let stand 1 hour before mixing. One can grated pineapple may be added if desired. Freeze.—Mrs. T. M. Martin, Plantersville, Ala.

Angel Parfait

1 c. sugar	1 pt. heavy cream
¾ c. water	1 tbsp. vanilla
Whites 3 eggs	

Boil sugar and water until syrup will thread when dropped from tip of spoon. Pour slowly on the beaten whites of eggs, and continue the beating until mixture is cool. Add cream beaten until stiff, and vanilla; then freeze.

Apricot Surprise

2 c. sugar	2 egg whites
1 qt. cold water	1 qt. apricots (run through sieve)

Dissolve sugar in water. Add other ingredients and freeze.

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Pickles and Relishes

Artichoke Pickle

4 pecks artichokes
4 gal. vinegar
4 tbsp. salt
4 tbsp. black pepper
8 lbs. brown sugar
8 ozs. white mustard seed
4 tsp. red pepper
4 tbsp. whole cloves
4 tbsp. allspice (in muslin bag)
8 ozs. tumeric
1 tbsp. mustard

Wash artichoke and put in strong brine for 24 hours; wash in clear water and wipe thoroughly dry.

Pack in stone or glass jars with layers of onion and pour over the above mixture hot. Seal and let stand a month or six weeks.—Miss Mary Lee, Selma, Ala.

Beet Pickles

Never allow beets to get larger than a tea cup to pickle. Cook beets until the skin begins to slip. Drain off water. Hold with fork and peel with knife. Cut in cubes. When you have all the beets peeled, drop in boiling vinegar and let come to a boil. Put in sterilized jars and seal. Beets pickled this way will keep their fresh beet taste and red color.—Mrs. C. C. Gay.

Ripe Tomato Pickle

1 gallon ripe tomatoes
2 pts. vinegar
8 pods hot pepper
1 tbsp. salt
1 tbsp. black pepper
Onions to taste

Mix the articles mentioned above together. Let come to a boil. Put in jars and seal.

Sweet Peach Pickles

9 lbs. peeled peaches
3 lbs. sugar
1½ pts. vinegar
Cloves and spices to taste

Cook peaches until they can be pierced with a straw. Put peaches in sterilized jars. Cook syrup until thick. Pour over peaches and seal hot.—Mrs. J. D. Giles.

Green Tomato Mince Meat

½ peck green tomatoes
½ peck apples
4 lbs. sugar
2 lbs. raisins
1 lb. currants
3 tbsp. cinnamon
3 tbsp. cloves
2 tbsp. salt
1 tbsp. nutmeg
1 c. vinegar
1 c. suet

Grind apples, tomatoes and suet through food chopper (coarse blade). Mix all ingredients well together. Cook 2 hours. Can and seal while hot. If not moist enough to cook add small quantity of water.—Mrs. E. F. Epp, Marion Junction, Ala.

Ripe Tomato Pickle

To one gallon of ripe tomatoes, peeled and cut, add 8 pods green pepper, cut small. If hot pickle is desired, add more pepper. Put onions chopped fine in to suit taste. Add 1 tbsp. salt, 2 pints vinegar. Boil 8 to 10 minutes and can. Seal hot.—Mrs. T. M. Martin, Plantersville, Ala.

Vegetable Jam for Winter Soup

4 pecks ripe tomatoes
2 pecks okra
2 qts. onions
6 red peppers

Scald tomatoes, skin and cut fine. Wash okra and cut thin. Chop onions and pepper. Mix all, add salt to taste and boil until thick. This quantity makes 19 qts. Seal hot. Add beef stock for winter soups.—Mrs. F. W. Farmer, Plantersville, Ala.

Pickled Pig Feet

Have feet well cleaned. Boil until tender and then split in halves. Place in a stone jar. Use enough vinegar that feet may be well covered. Put vinegar, seasoned with salt and pepper to taste, on the stove and heat to boiling point. Then pour over the feet in the jar. Let stand for several days before using.—Mrs. George F. Maxwell.

Cucumber Relish

1 doz. cucumbers
½ doz. onions
1 c. sugar
1 pt. vinegar
1 tsp. tumeric
1 tsp. celery seed

Slice cucumbers and onion thin and soak in heavy brine for one hour. Rinse well and add sugar, vinegar, tumeric, and celery seed. Boil until cucumbers are tender and seal while hot.—Mrs. George F. Maxwell.

Mustard Pickle

1 qt. small cucumbers
1 qt. small onions
1 qt. green tomatoes
6 green peppers
1 qt. chopped cauliflower
6 tbsp. mustard (dry)
1 tbsp. tumeric
1 c. flour
½ c. sugar
2 qts. vinegar

Soak over night cucumbers, onions, tomatoes, peppers, and chopped cauliflower, in salt water. Next morning heat in same water. Drain and add sauce made from mustard, tumeric, flour, sugar and vinegar. Stir constantly until heated and seal immediately.—Mrs. E. F. Epp, Marion Junction, Ala.

Pepper Hash

12 red peppers
12 green peppers
4 large onions
1 pt. vinegar
2 tbsp. salt

Run peppers and onions through meat chopper. Cover with boiling water and let stand for 10 minutes. Drain off all liquid. Mix vinegar, sugar, and salt and let come to boil. Add pulp and boil 15 minutes. Fill jars and seal immediately. This may be mixed with mayonnaise and used as a sandwich filling.—Mrs. George F. Maxwell.

Chili Sauce

Peel and slice 2 dozen large, ripe tomatoes. Add three large onions and three medium sized peppers chopped together. Add 2 tsp. cinnamon, 2 tsp. cloves, 1 tbsp. salt, two cups sugar and 2 cups vinegar. More or less sugar and spices may be used according to taste. Boil all together until thick or thin as desired.—Mrs. George F. Maxwell.

Pear Sweet Pickle

6 lbs. pears peeled (small or medium size)
3 lbs. sugar
1 pt. apple vinegar
¼ oz. allspice
¼ oz. cloves
¼ oz. stick cinnamon

Boil vinegar with sugar and spice. Stick 2 cloves into each pear and cook about 12 at a time in the syrup until they can be pierced with a straw. Fill jars with pears. Cook syrup until thick and pour over them, filling jars to overflowing. Seal while hot.—Mrs. George F. Maxwell.

Olive Oil Pickle

40 pickles
3 tbsp. lime
1 pkg. whole black pepper
1 pkg. whole cloves
1 pkg. whole celery seed
12 cinnamon sticks
2 garlic buttons
10 lbs. brown sugar
3 pts. vinegar
1 c. olive oil
1 c. Tarragon vinegar
1 tbsp. ground allspice
1 tbsp. ground black pepper

Soak pickles in lime water 3 days (3 tbsp. lime to 1½ gal. water) Tie seasonings in thin bag, place in vinegar. Add sugar and bring to a boil. Pour this over pickles that have been sliced and when cold add Olive oil and Tarragan vinegar.—Annette Smyth Breeden.

Mince Meat

4 lbs. beef, boiled and chopped
2 lbs. suet
8 lbs. chopped apples
3 lbs. raisins
4 lbs. sugar
3 ozs. cloves
2 pts. cider
1 pt. molasses
4 nutmegs
Salt to taste

Cook slowly until thoroughly blended. Pack in pt. jars. Process 1½ hours.

Pear Mince Meat

7 lbs. ground pears
3 lbs. sugar
1 lb. raisins
2 lemons (ground)
1 c. vinegar

Cook pears, sugar, lemons, vinegar until pear pulp is tender. Add raisins and cook about 20 minutes longer. Seal in jars while hot.—Mrs. F. W. Mosely.

Cabbage Pickle

3 qts. boiling water
¾ lb. salt
1½ gal. sliced cabbage
1½ qts. onions
½ gal. vinegar
1¾ lb. sugar
2 pieces of garlic
2 pieces ginger
3 tbsp. tumeric
½ c. mustard seed
1 tbsp. celery seed
Small quantity mace and horseradish

Boil water and salt, skim and pour over sliced cabbage. Let stand over night. Next morning squeeze out cabbage and add onions, vinegar, sugar, garlic, ginger, tumeric, mustard seed, celery seed and mace.—Mrs. F. W. Mosely.

Chili Sauce

24 large ripe tomatoes
6 onions, chopped fine
1½ c. sugar
4 tsp. salt
1 tsp. cloves
2 tsp. cinnamon
3 c. vinegar

Peel and slice tomatoes. Mix ingredients. Cook slowly about 3 hours or until real thick.

Spiced Pears (for salad)

12 lbs. pears, peeled and cored
3 lbs. sugar
Spices (ginger and whole cinnamon)

Cook sugar and spices to a thick syrup. Add green or red coloring. Then drop in the pears and cook as you would canned pears. These placed on lettuce with a few nut meats and mayonnaise make an attractive salad.

Pear Chow-Chow

1 pk. pears
6 large onions
4 bell peppers (2 red, 2 green)
4 c. sugar
5 c. vinegar
1 tbsp. salt
2 large bunches celery, if desired

Peel and slice pears. Then grind in meat choppers the pears, onions, and peppers. Let sugar and vinegar come to boil then add pears, onions, etc., and let boil about 20 minutes or until thick. Then seal in hot sterilized jars.

Pear Marmalade

4 lbs. pears (peeled and pared)
4 lemons (grated rind and juice)
4 lbs. sugar
1 small can pineapple (grated)
½ bottle certo

Grind pears (save juice) add grated rind, and juice of lemons, pineapple and sugar. Cook for 1 hour then add certo. Cook ½ hour and pour in hot dry glasses and cover with paraffin.

Pear Relish

1 pk. pears
4 large bell peppers
6 large onions
4 c. sugar
5 c. vinegar
1 tbsp. whole spice

Grind all ingredients through food chopper. Mix well and bring to boil. Stir to prevent sticking. Boil 30 minutes. Seal hot.

Corn Relish

5 lbs. cabbage
1 doz. ears corn, cut fine
1 doz. sweet peppers
4 pods hot peppers
3 pts. vinegar
2 c. sugar
1½ c. salt
1 jar mustard

Boil vinegar and corn 30 minutes. Then add all ingredients. Boil 15 minutes and seal hot.—Mrs. J. D. Giles.

Ripe Tomato Chow-Chow

1 gal. ripe tomatoes
1 gal. cabbage
1 gal. onions
1 doz. sweet peppers

Chop, and sprinkle 1 cup salt over it, let stand for two hours, and drain well. Then add:

3 lbs. sugar
½ gal. vinegar
½ box spices, tied in bag

Cook thirty minutes, and seal in jars.

Sauerkraut (Cold Pack)

Cut up cabbage and pack in fruit jars. For 1-quart jars take 1 round teaspoonful of sugar and place on top of jars, then fill jars with cold water to cover; then place rubber and top on jars and seal air tight. Kraut fixed in this manner in warm weather is ready for use in three days.

Apple and Tomato Chutney No. 1

4 c. apples
4 c. tomatoes
2 onions
1 c. brown sugar
Green pepper
1 c. raisins
½ c. almonds
Small piece of ginger root
1 pt. vinegar

Shred almonds, chop raisins, pepper and onions. Slice apples and tomatoes and boil all ingredients together until reduced to a pulp, about one and a quarter to one and three-quarter hours. Seal in sterilized jars.

Apple and Tomato Chutney No. 2

12 sour apples
6 green tomatoes
1 c. raisins
2 tbsp. mustard seed
4 green peppers
2 c. sugar
4 small onions
1 qt. vinegar
2 tbsp. salt

Cut apples, tomatoes, onions and green peppers in uniform pieces. Mix with other ingredients. Cook slowly one and a quarter to one and three-quarter hours. Seal in sterilized jars. The following chutney is easily made because it can be sealed cold:

8 apples
4 green tomatoes
3 sweet peppers
3 onions
3 tbsp. salt
1 tbsp. celery seed
1½ c. sugar or honey
1½ c. vinegar

Chop apples, green tomatoes and peppers, add other ingredients and mix well. Place in well-sterilized jars and seal. Ready for use immediately.

Carrot Chutney

8 apples
4 medium-size carrots
1 lemon
2 c. sugar or honey
2 tsp cloves
1 onion
1 tsp. ginger
2 c. vinegar
½ c. water

Put carrots, apples and lemon through the food chopper. Add other ingredients and cook all together over low heat until thick, about one and a half hours. Seal in sterilized jars.

Apple Chutney

2 lbs. sour apples—8 apples
1 lemon
1 lb. brown sugar—2½ c.
2 tsp. mustard seed
½ lb. seeded raisins—1 c.
2 small onions
2 tsp. ginger
1 c. vinegar

Cut peeled apples and onions in small pieces. Grate rind of lemon. Place all the ingredients in a small pan and cook.

Georgia Relish

1 large cabbage
1 doz. green peppers (sweet)
1 doz. red peppers (sweet)
1 doz. large onions
2 qts. artichokes
2 c. salt

Shred vegetables, cut artichokes fine, mix and put layer of vegetables and layer of salt; let stand twelve hours.

Drain and cover with weak vinegar, using equal parts of vinegar and water; let stand twenty-four hours. Drain again and cover with vinegar. To one qt. vinegar add 1 box of mustard (medium) and 2 lbs. sugar.

Sweet Pickled Figs

5 qts. figs
1 qt. water
1 pt. vinegar
1 pt. sugar
1 tbsp. each of stick cinnamon, allspice, and mace
1 tsp. cloves
Peel figs as for preserves

Make a syrup, using one pint of sugar to one quart of water and boil figs until tender. Add ingredients given in recipe to figs and syrup and cook until clear and transparent. Allow them to stand in this syrup over night. On the following morning put the fruit in jars, cover with the syrup. Sterilize pint jars in water bath for fifteen minutes at boiling, or thirty minutes at 180 degrees F. (simmering). From "Successful Canning and Preserving," by Ola Powell.

Mixed Pickle

1 gal. chopped cabbage
1 qt. onions
2 tbsp. mustard
2 tbsp. tumeric
1 tbsp. celery seed
½ gal. vinegar
1 gal. tomatoes
1 pt. green peppers
2 tbsp. ginger
1 tbsp. cloves
2 lbs. sugar
Salt to taste

Chop cabbage, onions, tomatoes, and green peppers; mix all together and boil in a spiced vinegar until tender. Can and seal.

Mince Meat

6 lbs. lean meat chopped
1 lb. currants
1 tbsp. cinnamon
1 tbsp. nutmeg
1 pt. molasses
1 lb. raisins
½ lb. citron
1 tbsp. cloves
2 qts. chopped apples
1 pt. grape wine
1 qt. syrup of peach pickle after boiling

Mix all together and seal after boiling. (An old South Carolina recipe, unusually good.)

Harvard Beets

6 medium sized beets
½ tbsp. corn starch
2 tbsp. butter
½ c. sugar
½ c. vinegar

Cook beets, peel and slice into thin slices or cubes; mix sugar and cornstarch; add vinegar and let sauce boil 5 minutes, stirring constantly. Add butter; pour sauce over beets and let stand on back of stove for a few minutes so beets may absorb sweet-sour flavor of the sauce.—Nell Weyant, Des Moines, Iowa.

Sliced Green Tomato Pickle

7 lbs. green tomatoes sliced
Spices to taste
1 qt. vinegar
3 lbs. sugar
1 box raisins

Take one gallon of water and dissolve one cup of lime into it; pour over the sliced tomatoes and let stand overnight. Rinse and add fruit to syrup made from sugar, vinegar, and spices. Cook until transparent, then add raisins and seal hot.—Mrs. White, Uniontown.

Pepper Relish

1 doz. green peppers
1 doz. red peppers
1 doz. onions
1 qt. vinegar
2 c. sugar
1 tbsp. salt

Grind peppers separately from onions; pour enough boiling water to cover peppers and let steep twenty minutes. Bring vinegar, sugar, and salt to boil; add onions and peppers; boil 15 minutes and seal hot.—Mrs. J. D. Giles.

Mustard Pickles

1 qt. cabbage
1 qt. green tomatoes
1 qt. onions
1 qt. cucumbers
4 large green peppers
Mix ½ c. flour
½ c. dry mustard
1½ c. sugar
1 tbsp. tumeric
1 qt. vinegar

Cut up cabbage, tomatoes, onions, cucumbers, and peppers and pour over all a brine made with 3 quarts boiling water and one cup salt. Let stand over night, then squeeze and drain. Mix together with other ingredients and boil 15 minutes, stirring all the time. Put up in sealed jars.—Mrs. J. B. Beaird, Orrville.

Never Fail Dill Pickles

10 c. vinegar
20 c. water
10 tbsp. salt
1 tsp. alum

Boil together all the above ingredients and pour over well washed cucumbers. Pack in sterilized glass jars in which 4 or 5 stems of well headed dill weed have been placed. A little horseradish may be added. Seal hot.—Mrs. J. D. Giles.

Tomato Catsup

1 gal. ripe tomatoes sliced
4 large onions sliced
5 tbsp. salt
2 tbsp. cayenne pepper
2 tbsp. black pepper
1 tbsp. ground mustard
1 tsp. mace
1 tsp. allspice
1 tsp. cinnamon
½ tsp. cloves
4 garlic buttons
1 c. sugar
1 qt. vinegar

Cook tomatoes and onions together for one hour and a half, then run through a sieve. Mix all the spices and salt in a bowl, add one cup vinegar and add to the tomatoes with the sugar and garlic cut in very fine pieces. Add another cup vinegar, let cook one hour, then add the rest of the vinegar and simmer an hour. Seal in pint bottles while hot.—Mrs. William T. Mollette.

Cucumber Relish

12 large cucumbers
4 medium onions
1 c. sugar
1 qt. vinegar
1 tsp. tumeric
1 tsp. mustard seed

Peel and slice cucumbers and cover with salt water over night. Drain in morning, add all ingredients and boil until clear. Put in pint jars and seal.—Mrs. J. H. Collins.

Artichoke Relish

Scrape and grind ½ peck artichokes, cut fine ½ dozen small oinons and add to artichokes. Add 1 tablespoon tumeric, 3 pints white vinegar, ½ tablespoon cayenne pepper, 2 tablespoons celery seed, 2½ cups sugar, 2 tablespoons white mustard seed, 4 tablespoons salt. Simmer 30 minutes over slow flame, pack and seal. Wait 4 days before opening. Artichokes may be washed with stiff brush instead of scraping. This quantity makes 6 quarts.—Mrs. Lyle Hamilton Smith, Minter, Ala.

Artichoke Pickle

½ pk. artichokes
1 gal. water
2 c. salt
2 qts. vinegar
1 tbsp. mustard
1 tbsp. tumeric
1 oz. pickle spices

Soak artichokes for 1 week in brine made from the salt and water. Take out and wash thoroughly in clear water three times. Mix other ingredients and bring to a boil. Pour over artichokes, cover closely. After 1 week pour off vinegar and boil it. Strain and cover artichokes again with the mixture and seal hot.—Mrs. Lyle Hamilton Smith, Minter, Ala.

Green Tomato Mince Meat

1 pk. green tomatoes (chopped)
1 pt. water
1 c. vinegar
3 lbs. white sugar
1 lb. brown sugar
2 lbs. raisins
2 qts. chopped apples
2 tbsp. cinnamon
2 tbsp. allspice
2 tbsp. nutmeg
2 tbsp. cloves
2 tbsp. salt

Chop tomatoes fine, add water and vinegar and boil about an hour or more. Then add other ingredients. Level while hot in fruit jars. Bake as any other mince meat, adding a little butter and sugar if needed.

Bread and Butter Pickle

4 qts. sliced cucumbers
1 qt. sliced onions
3 pts. vinegar
3 c. sugar
4 tsp. celery seed
4 tsp. mustard seed
6 whole cloves

Let cucumbers and onions stand in brine 1 hour in separate vessels. Boil other ingredients together for five minutes. Then add cucumbers and onions and boil another 5 minutes. Seal.

Green Tomato Pickle

1 pk. green tomatoes sliced
5 large onions
1 tbsp. salt

Mix thoroughly and let stand over night. Drain off water in the morning and throw away. Boil in fresh water 20 minutes. Carefully press out all water. Take three pounds of sugar, two tablespoons of spices, if desired; cover with vinegar and boil for one hour and seal.—Mrs. L. E. Baker.

Sweet Pickle Peaches

8 lbs. peaches
3 lbs. sugar
1 pt. vinegar
2 ozs. whole cloves
2 ozs. stick cinnamon

Select firm clingstone peaches; peel and weigh. Into each peach stick two or three cloves. Boil sugar, vinegar and cinnamon together for five minutes. Add peaches and cook slowly until they are tender;

try with straw. Pack into jar, cook syrup until thick, cover peaches with juice, seal, or tie up well. More sugar or vinegar may be used to suit the individual taste. There must always be sufficient syrup to cover the peaches. If necessary, make more syrup.

Dill Pickle

1 qt. vinegar	2 c. salt
2 qt. water	

Bring to a boil, pour over cucumbers packed in jars and add a sprig of dill. Seal the jar and set aside for several weeks before using.

Pepper and Apple or Pear Pickles

1 doz. sweet red peppers	½ doz. green apples or pears
1 doz. sweet green peppers	1 tbsp. salt

Grind, then pour boiling water over the mixture. Let stand 30 minutes, strain off water. To the mixture add 2 cups sugar, enough vinegar to cover, then cook about 1½ hours.

Pickled Watermelon Rind

Remove the outside green skin, also all the pink part of the melon. Cut in 2 inch pieces, weigh and let stand overnight in a weak solution of salt water (use about 1 part of salt to 4 parts of water). In the morning drain and cook the rind in fresh water and add to the kettle for every pound of rind 1 cupful vinegar and 1 cupful sugar. Tie in small squares of cheesecloth 1 tbsp. each of cloves, ginger, root, powdered allspice, and cinnamon. Add the bags containing these spices to the kettle and allow them to remain until the flavors are of the desired strength. Add for every 4 pounds of rind, 1 lemon cut in thin slices. Bring the whole slowly to a boil and cook until the rind can be pierced with a straw. Watch carefully to avoid burning. Lift out the pieces, put them in jars. Cover with the syrup. Seal while hot. A little alum in the water in which the rind is first cooked will keep it firm and of an attractive color.

Bitter-Sweet Marmalade

4 lbs. granulated sugar	1 grapefruit
2 oranges	2 lemons

Slice fine the various fruits, remove seeds, and cover with twice their quantity of cold water, simmer until tender, then let stand over night. In the morning drain, reserving liquid, and chop the fruit fine. Return to liquid and add the sugar, let stand four hours, then cook until clear and rich. Pour in glasses.

Sandwiches

Use bread that is a day old if possible. Cut bread very thin and remove crusts. If butter is used, cream butter and spread bread before cutting from loaf. Filling should be spread on half the slices and covered with the remaining pieces. Mayonnaise is used in the same way with or without butter. Sandwiches are cut in squares, oblongs, triangles, rounds or fancy shapes. When cut in fancy shapes or rounds, shape bread before spreading, so that there will be no waste of butter or filling. If sandwiches are kept several hours, wrap in paraffin paper or a napkin, wrung as dry as possible out of hot water and keep in a cool place. Serve sandwiches on a plate covered with a napkin.

Cheese and Green Pepper Sandwiches

½ lb. cheese	Salt
3 green peppers	Slices of bread

Remove the seeds and white pith and pass the peppers through a meat chopper with the cheese, seasoned to taste, and mix smoothly. The juice from the peppers will moisten the cheese sufficiently for it to spread easily. Have the bread cut thicker than usual for sandwiches. Spread the cheese paste thickly on one slice of bread and cover with another; press together firmly and toast over a hot fire. Cut into strips and tuck between the folds of a napkin to keep them hot.

Cheese Butter Sandwiches

½ c. butter	1 tsp. anchovy paste or sauce
6 level tbsp. dry, sharp-flavored cheese	2 tsp. Worcestershire sauce
1 level tsp. mustard	Slices buttered bread

Beat the butter to a cream, add the cheese (grated), the mustard, anchovy and Worcestershire sauces. Beat until well blended, and spread between slices of buttered bread.

Cucumber Sandwiches

2 cucumbers	Salt and pepper
1 tsp. onion juice	Slices of buttered bread
⅓ c. mayonnaise	

Peel the cucumbers and remove the seeds if coarse; chop the cucumbers finely and place them in a cloth or a sieve to drain. To the drained pulp add the onion juice, seasoning and mayonnaise. Spread between slices of buttered whole wheat or Graham bread.

Nut and Raisin Sandwiches

1½ c. seeded raisins	Juice of half a lemon
½ c. chopped nuts	Buttered Graham or white bread

Chop the raisins finely or pass them through a meat chopper with the shelled nuts; blend smoothly and moisten with the lemon juice. Spread between slices of well-buttered bread.

Cheese Sandwiches

2 packages cream cheese (4 oz.)	2 tbsp. mayonnaise
½ c. cocoanut, chopped	

Combine ingredients and mix thoroughly. Spread on thin, buttered slices of whole wheat bread. Cut in desired shapes. Makes 1¼ cups filling.

Calcutta Sandwiches

1 c. cucumber, chopped
¼ c. cocoanut, chopped
2 tbsp. mayonnaise

Combine ingredients and let drain for few minutes. Spread on thin, buttered slices of white bread. Cut in desired shapes. Makes 1 cup filling.

Cocoanut Fruit Sandwiches

1 c. cocoanut, finely chopped
½ c. walnuts, chopped
¼ c. cream
1 c. seedless raisins, chopped
1 tbsp. lemon juice
2 tbsp. sugar
⅛ tsp. salt

Combine ingredients and mix thoroughly. Spread on thin, buttered slices of whole wheat bread. Cut in desired shapes. Makes 2 cups filling.

Avocado Sandwich

Peel and mash one medium avocado, chop one hard-boiled egg, fine, also one small onion, mix together, season with vinegar, salt and pepper or mayonnaise. Spread on thin slices of bread.

Open Sandwiches

Arrange thin slices of cheese on rather thick slices of bread. Place a layer of flaked tuna fish on top of cheese. Lay a thick slice of tomato on fish and sprinkle with salt, pepper and curry powder. Place a strip of bacon on each sandwich. Broil until bacon is crisp and cheese is melted. Serve hot.

Cheese and Honey Sandwich

Mix grated cheese with melted butter and honey to form a thick paste. Spread on toasted bread. Or toast after making sandwich.

Lemon cheese is one of those useful things that comes in as tartlets one day and sandwiches the next and the third day is found hiding in a hot biscuit. It is worth while making up a full recipe, for it can be kept in covered jars for weeks and a very little goes a long way. Put into a double boiler 2 cups of sugar, ½ cup of butter, the grated rind of 2 lemons and the juice of 3. Stir this until the sugar is dissolved. Beat 3 whole eggs, add them to the hot mixture, and stir and cook slowly over water until the mixture thickens, but don't let it cook long enough to curdle. Store in a jar and use whenever needed for sandwiches or desserts.

Sandwich Filling

6 marshmallows
1 c. cranberries (cooked)
½ c. pecans (chopped)

Dissolve marshmallow in hot cranberries. Add chopped nuts. Cool and spread on thin slices of bread.—Mrs. J. E. Melton, Selma, Ala.

Cheese Spread for Sandwiches

1 lb. cheese
1 green pepper
½ Spanish onion

Grind through food chopper and mix with cooked dressing. Use white or brown bread to spread between.

Stuffed Olive Sandwiches

Cut olives and mix with cooked dressing. Add cup chopped nuts. Spread between white bread.

Pecan and Fig Sandwiches

Equal quantity of chopped figs and pecans. Make a paste by using a little thick cream. May be rolled, or cut into fancy shapes. Cut figs with floured scissors to prevent sticking.

Pecan and Cheese Sandwiches

To equal quantities of pecans and cheese (put through meat chopper using flat plate) add sufficient mayonnaise to make mixture spread easily. Used with whole wheat or brown bread delicious and nutritious sandwiches are had.

Pecan and Date Sandwiches

Remove pits and fibrous lining from dates. Chop fine and mix with equal quantity of pecans. Use cream or honey to form paste.

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Confections

Molasses Candy

2 c. brown sugar
2 c. molasses
2 level tbsp. butter
½ c. water
¼ c. vinegar

Put all the ingredients, except the vinegar, into a large saucepan, and cook fast until a little of the mixture dropped into cold water feels brittle; add the vinegar, cook two minutes more and pour into a greased pan to cool. As soon as it can be easily handled, pull with the fingers until white. Cut into pieces before it is too hard.

Maple Kisses

2 c. maple sugar
¾ c. water
¼ c. butter
1 c. shelled pecan nuts

Cook the water, sugar and butter until a little dropped in cold water forms a firm ball; add the nuts, stir until the mixture begins to cool and thicken, and then drop, in small spoonfuls, on a greased paper or plate.

Peanut Brittle

2 c. granulated sugar
2 level tsp. butter
1 c. coarsely chopped peanuts

Put the sugar into an iron saucepan and let it melt over a moderately hot fire; add the butter and nuts and immediately pour into a well-greased pan. Mark into squares when sufficiently cool.

Peppermint Drops

1 c. granulated sugar
¼ c. water
6 drops essence of peppermint

Cook the water and sugar until a little lifted on a fork or spoon spins a thread. Do not stir while cooking. Remove from the fire, add the peppermint and stir until the candy thickens and looks cloudy. Drop immediately from a teaspoon on a greased paper or plate. If it becomes to hard to drop, warm by standing the saucepan over hot water for a moment.

Glacé Sugar

2 c. granulated sugar
⅔ c. boiling water
⅛ level tsp. cream of tartar

Boil the sugar, water and cream of tartar together until a little dropped in cold water is quite brittle and clear. Do not stir while cooking. If the sugar becomes too hard, add a tablespoon of water and cook and test again. Dip the prepared nuts in the hot syrup, one at a time, using a candy dipper or sugar tongs, being careful not to shake or stir the syrup. Lay the nuts, after dipping, on a greased paper or plate to harden.

Sea Foam

2 c. brown sugar
½ c. water
1 tsp. vanilla extract
½ c. chopped nuts
1 egg white

Boil the sugar and water together until a little dropped in cold water forms a soft ball. Pour the hot mixture over the stiffly beaten white of the egg, beating while pouring. Add nuts and extract and beat vigorously until the candy stiffens. When nearly set drop by spoonfuls on paper. When cold the Sea Foam will harden so that it can be easily taken from the paper.

Fudge

2 c. sugar	2 tbsp. butter
1 c. milk	½ tsp. vanilla
½ tsp. salt	
2 squares chocolate or 3 tbsp. cocoa.	

Put the first four ingredients in a saucepan, place over a slow heat and stir constantly with a wooden spoon until the sugar is dissolved. Continue boiling slowly, without stirring, until a bit of the fudge dropped in cold water forms a soft ball which may be handled. Remove from fire, set in pan in a large bowl of cold water and let it stand undisturbed until there is practically no heat in the fudge mixture. Remove from cold water, add the butter and vanilla and beat the mixture, working in the butter until the mass is creamy and thick. When mixture is thick enough to knead, turn at once on a buttered plate. With a spatula shape the mass into an oblong or square one inch thick. Allow it to cool slightly and cut into the desired squares.

For variety add 1 c. finely chopped walnuts, pecans, or peanuts while beating the fudge; or when mixture is stiff enough to knead, turn out on a buttered slab or plate, knead well, form into small balls, and roll in finely chopped walnut meats or finely grated bitter chocolate.

Penuche

2 c. brown sugar	1 tsp. vanilla
¾ c. milk	1 c. chopped nuts
2 tbsp. butter	

Boil sugar and milk slowly until it forms a soft ball when tried in cold water. Stir to keep from curdling. Remove from fire, add butter, flavoring, and nuts. Beat until creamy, pour into a greased pan and when firm, cut in squares.

Peanut Brittle

2 c. sugar	½ c. chopped nuts

Heat sugar in frying pan, stirring constantly until melted. Add nuts and mix thoroughly. Pour quickly onto a buttered pan and mark in squares before cold. The lighter the color of the melted sugar the more delicate the flavor. Other nuts may be used in place of peanuts. A pinch of soda added just after taking candy from stove makes a more porous product.

Date Loaf

4 c. sugar	2 c. nuts
1 can pet cream	½ tsp. salt
½ c. water	1 tsp. vanilla
1 box stoned dates	

Mix sugar, water and cream, let come to boil and stir in other ingredients, stirring all the time. When soft ball is formed by trying in water, remove from fire, let cool slightly, beat until creamy, and pour on a towel that has just been wrung out of cold water. Mold and when cold wrap in wax paper.—Mrs. W. G. Privett.

Glacéd Fruits

1 c. sugar
1 c. corn sirup
½ c. water

Mix ingredients. After sugar dissolves do not stir. Boil to 310 degrees. Then dip such fruits and nuts as cherries, almonds, stuffed dates, etc., using a hat pin, let drip and place on wax paper, buttered marble or platter.

Divinity Fudge

2½ c. sugar
½ c. Karo sirup
½ c. water
2 egg whites
1 c. nuts

Mix sugar, syrup, and water. Boil until when dropped in cold water mixture will form a stiff ball. Beat the egg whites stiff. Pour ½ mixture on eggs, beating constantly. Return remaining mixture to stove and boil until it will form a hard ball. Pour slowly over the first, beating constantly. Add nuts and flavoring and pour into a buttered dish. Cut into squares as desired.—Mrs. John L. Sherrer.

Cocoa Malt Candy

2 c. sugar
½ c. Karo sirup
¾ c. heavy cream
½ c. butter

Boil sugar, Karo, and cream until it forms a soft ball in water. Add butter and 4 tablespoons cocoa malt. Cook until it creams in saucer.

Maple Candy

1 box old fashioned brown sugar
½ c. water
1 egg white, beaten stiff
1 c. nuts

Cook sugar and water until a ball forms in cold water. Pour over the egg whites beating swiftly. When it begins to thicken, add nuts and a few drops of almond extract. Pour out on platter or drop with a spoon on buttered paper.—Mrs. J. B. Beaird, Orrville, Ala.

Panocha Candy

4 c. brown sugar
1 c. cream or milk (1 tbsp. butter if milk is used)
1 tsp. vanilla
⅛ tsp. salt
2 c. chopped nuts

Mix sugar, milk, and salt; cook until soft ball stage. Before taking from fire add nuts, butter, and vanilla. Do not stir; cool until lukewarm; beat and pour into buttered dish. Cut into squares.—Mrs. Frank Donald, Selma, Ala.

Pralines

1 c. brown sugar
2 c. XXXX confectioner's sugar
1 c. heavy sour cream
2 c. pecan meats
Pinch salt

Dissolve sugar in cream; cook slowly to soft ball stage, stirring constantly while cooking; remove from fire and set in pan of hot water. Beat until creamy and add nuts. Drop on buttered paper.

Nut Brittle

For nut brittle use walnuts, pecans, Brazil nuts cut in pieces, shredded cocoanut, or practically any other kind of nut. Puffed breakfast foods may also be used in place of nuts.

2 c. white corn sirup
2 tbsp. vinegar
½ tsp. salt
2 tsp. vanilla
2 c. nut kernels

Cook the sirup, vinegar, and salt in a sauce pan until a little dipped in cold water forms a soft ball. Put the nuts into this sirup; pour into an iron skillet and cook, stirring constantly, until the sirup becomes golden brown. Remove from the fire and add the vanilla. Have ready a shallow buttered pan; pour in the candy, and spread it out in a thin sheet. After it is cool, remove from the pan and crack into pieces.

Salted Nuts

Place one quart shelled pecan halves on a baking tin and toast slowly in oven until slightly browned. Pour into a crockery bowl in which you have put piece of butter the size of an egg. Mix with a fork and salt to taste. Lift out on brown paper to cool and the paper will absorb all extra grease. The nuts may be placed in a sterilized fruit jar and kept several weeks.

Pralines

½ c. brown sugar
2½ c. white sugar
2 c. pecans
¼ stick butter

Mix with enough milk to form paste. Cook until sample forms soft ball in cold water. Take off and add teaspoon vanilla. Beat until creamy and drop on well buttered table. Take up before too hard.

Cocoanut Cakes

When you eat these delicious little confections you can hardly believe that they are so easily made. Use one can of sweetened condensed milk and about a pound of shredded cocoanut. Stir all the cocoanut you can into the milk, drop from the end of a spoon to a buttered tin and bake in a moderate oven until brown—about fifteen minutes.

Chocolate Cream Fudge

1 box XXXX sugar
1 small can Pet cream
10c marshmallow cream
10c cake chocolate
1 c. nuts
1 tsp. vanilla
Butter size of an egg

Cook sugar, pet cream and chocolate 6 minutes; then add marshmallow cream, nuts, butter, and vanilla and beat until ready to pour. When cold, cut out as desired.—Mrs. Louis Eagle, Selma, Ala.

Cocoanut Brittle

2 c. sugar
½ c. dark corn sirup
½ c. water
2 tbsp. butter
¼ tsp. salt
⅛ tsp. soda
1½ c. cocoanut, toasted

Combine sugar, corn sirup, and water. Place over low flame and stir constantly until sugar is dissolved. Continue cooking, without stirring, until a small amount of syrup forms a hard ball in cold water (265° F.). Add butter and salt, and continue cooking until a small amount of syrup cracks in cold water (300° F.), stirring frequently to prevent scorching. Remove from fire. Add soda and cocoanut, stirring only enough to mix ingredients. (If stirred too much, brittle may sugar.) Pour in thin sheet on slightly greased marble slab, inverted pan, or baking sheet. Do not scrape mixture from saucepan. After about 30 seconds, take hold of edges of brittle and, lifting it from slab or pan, stretch it out to as thin a sheet as possible. Mark into squares while warm, or, break into irregular pieces when cold. Makes eighty 2-inch squares.

Inner Secrets

½ lb. marshmallows	1½ c. cocoanut, chopped
¼ lb. walnut halves (48)	

Melt marshmallows in double boiler. Dip nuts into marshmallow, coating well. Roll in cocoanut. Makes 48.

Cocoanut Creams (Uncooked)

1 tbsp. butter	½ tsp. vanilla
2 c. confectioners' sugar	1½ c. cocoanut
1 egg	

Cream butter until soft; add 1 cup sugar gradually. Add egg and beat until light and fluffy. Beat in remaining 1 cup sugar, vanilla, and cocoanut. Knead mixture until smooth and creamy. Shape into balls 1 inch in diameter. Dust with confectioners' sugar. Cocoanut Creams should be served at once as they dry out more quickly than cooked candy. Makes 2 dozen cocoanut creams.

Cocoanut Fudge

2 c. sugar	1 tsp. light corn sirup
3 squares unsweetened chocolate, cut in small pieces	⅛ tsp. salt
	1½ c. cocoanut
1 c. cream	

Combine sugar, chocolate, cream, corn sirup, and salt. Place over low flame, and stir constantly until sugar is dissolved. Continue cooking until a small amount of syrup forms a very soft ball in cold water (232° F.). Cool to lukewarm (110° F.). Add cocoanut. Beat until fudge loses its shiny appearance and a small amount dropped from spoon holds its shape. Pour into slightly greased pan, 7 x 4 x 2 inches. Mark into squares and cut when cold.

Cocoanut Chocolate Squares

4 tbsp. sifted Swans Down Cake Flour	1 square unsweetened chocolate, melted
¼ tsp. soda	1 egg, well beaten
⅛ tsp. salt	1 c. cocoanut
1 c. brown sugar	

Sift flour once, measure, add soda and salt, and sift together three times. Combine sugar, chocolate, and egg. Add cocoanut and flour, and mix thoroughly. Spread in greased pan, 8 x 8 x 2 inches, and bake in slow oven (325° F.) 20 to 25 minutes. When cool, cut in 2-inch squares. Makes 16 squares.

Cocoanut Kisses

2 c. sugar	1 tsp. vanilla
4 egg whites, stiffly beaten	¾ c. cocoanut

Fold sugar gradually into egg whites. Add vanilla. Drop from teaspoon on ungreased baking sheet. Sprinkle with cocoanut. Bake in slow oven (250° F.) 45 to 50 minutes. Cocoanut kisses should be a delicate brown and rather crisp and dry. Makes 30 kisses.

Date Loaf

3 c. sugar	1 box dates
1 c. milk	2 c. nuts
1 lump butter	

Put sugar, milk, and butter on and stir constantly until mixture thickens. Then stir in dates until dissolved. Stir in nuts and beat.

Roll in wet cloth and let stand until cool before cutting.—Mrs. C. E. Cook.

College Black and White Fudge

Black Part

3 very large c. of sugar
4 heaping tbsp. cocoa
1½ tbsp. white sirup
1½ c. cream
1 tbsp. vanilla
1 lump butter size of an egg

Mix sugar, sirup, cocoa and cream together. Boil until it forms a soft ball in cold water. Add extract and butter. Beat until creamy. Pour in buttered pan.

White Part

3 very large cups sugar
1½ tbsp. white sirup
1½ c. cream
1 tbsp. vanilla
1 lump butter size of an egg

Mix and cook the same as the black part, then pour the white mixture over the black mixture. Nuts may be added if desired. Allow the dark part to cook faster than the white. It will set quickly but must not be allowed to cool, until white is poured on. It will not run together but will cut out together. This candy is excellent and also very pretty.

Honey Fudge

2 c. sugar
2 squares unsweetened chocolate
⅔ c. milk
⅛ tsp. salt
1 tsp. vanilla
2 tbsp. butter
¼ c. strained honey

Dissolve sugar in milk and honey. Add the grated chocolate, butter, and salt. Stir until well blended. Cover until the boiling point is reached. Boil without stirring to 236°F. Cool to room temperature. Add vanilla. Beat until the mixture is thick and creamy and will set when dropped from a spoon.

Chocolate Pop Corn Balls

1½ c. sugar
⅔ c. water
⅓ c. light corn sirup
⅓ c. molasses
3 tbsp. butter
3 squares unsweetened chocolate, melted
1 tsp. vanilla
4 qts. pop corn, warmed and salted

Combine sugar, water and corn sirup. Place over low flame and stir constantly until sugar is dissolved and mixture boils, washing down sides of pan occasionally with wet cloth. Cover and boil 3 to 4 minutes. Uncover, and cook without stirring, until a small amount of syrup forms a hard ball in cold water (270° F.). Add molasses and butter, and continue cooking, stirring constantly, until a small amount of syrup becomes brittle in cold water (290° F.). Remove from fire. When bubbling ceases, add chocolate and vanilla and blend. Pour over pop corn and mix well. Roll lightly with buttered hands into 2-inch balls. Makes 20 pop corn balls.

Cream Candy

1 qt. granulated sugar
1 pt. of water
1 stick of butter (¼ lb).

Put all together and boil until a crack stage or hard ball is reached when dropped in cold water. Pour on buttered slab or dish until cool enough to pull. Before pulling, sprinkle over top a few drops of mint extract. Butter hands and pull as taffy candy. When hard, white and porous, pull out as large pieces as finger and cut with scissors into pieces like tiny pillows. By this time it should be thoroughly cold. Put into air-tight container for 24 hours. It will be creamy and soft, and is ready to eat. It may be colored pale green, pink or left white. I call these Concord mints.

Cocoroons

1 c. sugar
½ tsp. salt
2 egg whites, stiffly beaten
2 c. Post Toasties
1 c. cocoanut
¼ tsp. almond extract

Fold sugar and salt gradually into egg whites. Fold Post Toasties and cocoanut gradually into mixture. Add almond extract. Drop from teaspoon on greased baking sheet. Bake in moderate oven (350°F.) 10 to 12 minutes. Makes 3 dozen cocoroons.

Uncooked Candy

2 egg whites
¼ lb. butter
2 tbsp. water
4X sugar to make cream

Flavor with mint, vanilla or any flavor desired. Color to suit fancy.

Cream butter until soft and smooth. Beat eggs until foamy. Add butter, then a portion of sugar. Add water and flavoring. Continue mixing in sugar until creamy and stiff as desired. About one and a half or two pounds of sugar will be required. The batch may be divided, some colored, some made as centers and rolled in melted chocolate. If a portion is thinned with water, marshmallows may be dipped in the coating. This recipe may be used in many ways, flavors and colors.

Chocolate Peanut Brittle

1½ c. sugar
⅔ c. water
½ c. light corn sirup
2 tbsp. butter
½ lb. shelled raw peanuts, blanched
1 tsp. soda
1 tbsp. cold water
1 tsp. vanilla
½ lb. chocolate (about)

Combine sugar, water, and corn sirup, and heat until sugar is dissolved and mixture boils, washing down sides of pan occasionally with wet cloth. Cover and boil 3 to 4 minutes. Uncover and cook, without stirring, until a small amount of syrup forms a brittle ball in cold water (275°F.). Add butter and peanuts, and stir until peanuts are slightly browned. Dissolve soda in cold water, add vanilla, and stir slowly into candy. When bubbling ceases, pour onto warm, buttered platter. Cool slightly. Stretch as thin as possible and break into small pieces. Cool. Melt chocolate over lukewarm water (130°F.), keeping temperature of chocolate below 93°F. Cool to 85—80°F. Dip brittle in melted chocolate, lift onto greased surface, and cool. Makes 1¾ pounds brittle.

Peanut Brittle

1 c. sirup
1 c. brown sugar
1 tbsp. vinegar
2 tbsp. butter

Boil all ingredients together and when a little dropped into cold water is brittle, add a cupful of blanched peanuts. Remove at once from the fire, add a teaspoonful of baking soda, beat hard and pour into buttered tins.

Honey Candy

2 c. sugar
½ c. sweet milk
¼ c. butter
¼ c. honey

Mix ingredients until sugar dissolves. Cook without stirring until it forms a soft ball in cold water. Beat until it crystalizes. Pour on buttered dish. Let cool. Cut.

Divinity Candy

3 c. sugar
¾ c. Karo sirup
¾ c. hot water
3 egg whites
3 c. nuts
1 tsp. vanilla
¼ tsp. salt

Cook sugar, karo and water until syrup spins a quick hair from a fork; then pour slowly over the well beaten whites of the eggs. Beat until creamy; add nuts and vanilla. Drop on oil paper.—Mrs. W. G. Privett.

Cocoanut Candy

3 c. sugar
1 c. milk
2 c. grated cocoanut (a day old)
1 tbsp. white karo
8 marshmallows

Cook sugar, milk and karo to soft ball stage. Add cocoanut and cook to soft ball stage again (stirring all the while). Remove from fire, add marshmallows and pinch of salt. Beat until creamy and drop on wax paper.—Lidie Minter.

Sugared Nuts

2 c. sugar
⅔ c. water
1 tbsp. butter
⅛ tsp. cream of tartar
⅛ tsp. salt
2 c. pecan halves

Cook sugar, water, butter, cream of tartar, and salt together until it comes to a good boil then add nuts (stirring all the while) until the soft ball stage. Beat until creamy; then pour out on buttered platter. Separate nuts while hot.—Lidie Minter.

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Miscellaneous

Food to Serve Fifty People

Coffee—1½ lbs. makes 3 gallons.
Chocolate—1 lb. makes 2 gallons (25 to 30 cups to a gallon).
Tea—¾ lb.
Whipped cream—2 qts. (each quart yielding 25 spoonfuls).
Lemonade or fruit punch—3 gallons.
Ice Cream—3 gallons.
Cakes—loaf and layer—5 or 6.
Wafers—5 boxes.
Salted nuts—almond or peanuts—3 to 4 lbs.
Oysters—7½ quarts.
Ham—1 large.
Chicken or Turkey (dressed but uncooked)—25 lbs.
Chicken salad—7 lbs. (4 lbs. of chicken to a quart of salad).
Potato chips—4 lbs.
Rolls—6 doz. Butter for same 1½ lbs.
Sandwiches—1 sandwich loaf cuts 24 slices—3 to 6 loaves, according to menu.
Butter—2 lbs. for 6 loaves.
Filling for sandwiches—1 pt. for each loaf.
Meat for croquettes—2 quarts.

Jelly Hints

Do not use fruit that is very ripe.

Boil jelly rapidly, for long slow boiling injures the pectin.

Skim off the scum at the end of the cooking. This saves juices and labor.

Do not peel or core fruit; often the color comes from the peel.

Do not overcook the fruit to get the juice. Just a soft pulp will give better jelly.

If jelly fails to set it may be reboiled from five to seven minutes.

When using pectin, use one to four tablespoons to each cup of juice, according to strength of the pectin.

When using lemon juice, add one-half to one tablespoon to each cup of juice.

To add the lemon juice or pectin, bring juice and sugar to boiling point, add lemon juice and cook until it flakes.

Some commercial pectin recipes say: Bring to boil, boil hard for one minute, remove from fire, add pectin, stir well, let stand one minute, then pour into jelly glasses.

When covering jelly with paraffin put paraffin in a small tin coffee pot, melt and pour from spout. The covering is easy. Set glasses in pan of cold water so when filling if any paraffin is spilled it floats on the water and may be picked up and returned to coffee pot. No washing and scrubbing of pan or table will be necessary.

It is very necessary to cover jelly glasses with a second coating of paraffin and roll (turn from side to side each glass so the paraffin comes up on the side of glass and seals the glass air-tight).

Fruit that is quite ripe, but sound, may be used for jelly when the commercial pectin is used.

Paraffin comes in cubes by the box or pound, and one cube is dropped into the glass before the jelly is poured.

Barbecue Points

Make pit four feet wide, eighteen inches deep and as long as necessary.

Use young, small carcasses, which will require from seven hours or longer, according to size.

Do not salt until meat is warm, then baste with strong salt solution which is kept warm.

Keep meat side next to fire. Baste as often as meat looks dry.

Use iron rods to keep meat flat and able to turn when necessary.

Never keep skin side to fire except to baste top.

One quart of strong salt water will be sufficient to salt about fifty pounds.

Each sauce recipe given will be sufficient for about fifty pounds of meat. More or less vinegar may be used.

Make a mop of cheese cloth on the end of long stick for the basting.

When ready to serve the meat is carved and chopped into pieces suitable to handle, put into pans, where sauce and juice keep meat moist.

Cole-slaw, pickles, onions, tomatoes, rye bread, white bread and coffee all seem a part of a barbecue feast.

Whipping Egg Whites

Add 1 tablespoonful of cold water to whites of 2 eggs, then whip. This increases the bulk.—Mrs. H. A. King.

Whipping Cream

When whipping cream, add 7 drops lemon juice to one pint cream and it will beat up firm in about half the time otherwise required.—Mrs. H. A. King.

Soap

A white soap may be made without boiling. Put 6 pounds of clean grease into an enamel dish pan and melt it. Put a can of any good brand lye into another stone or enamel dish and add to it one quart of cold water. Stir with a stick until dissolved. Be careful not to get burned when adding the water as the lye will boil and the mass get very hot. Allow to cool, then pour the lye slowly into the warm melted grease, stirring all the time. Add two tablespoonfuls of ammonia. A few drops of perfume in the oil form, as oil of cinnamon, may be added. Stir the mixture constantly until it begins to set. Pour into pasteboard or wooden boxes. Let it stand until perfectly hard, then cut into cakes. This makes a very good white soap which will float on water, and makes about 8½ pounds of soap.—Contributed by Annette Smyth Breeden.

Earl House Yeast

Peel and boil three medium Irish potatoes with a handful of peach leaves or hops.

Remove potatoes, mash and strain water in which they were boiled and add back to potatoes. There should be about three cups of potatoes and water. Let mixture become tepid.

Dissolve two yeast cakes in one-third cup of water, add to mixture. Add one teaspoon sugar, one-fourth teaspoon salt, set in warm place to rise over night. Next morning stir into the yeast sufficient corn-meal to make a very stiff mixture. Let rise again from one and one-half to two and one half hours. Now add more corn-meal to make a stiff dough, roll out until one-third inch thick, cut in squares about two inches large, dry in shade, turning until dry and hard. Do not allow to sour, but turn daily until firm. Compressed yeast may be used as a starter.

Use one yeast cake for one quart of flour. Use as any yeast. This does not work as fast as compressed yeast. Two cakes or more may be used if a short time is desired. The yeast may be made in one day if compressed yeast is used.

To Make Orange Pectin

1 c. white pulp of orange	Juice of 1 large lemon
2 c. water	

Grate off all yellow or orange and fill cup with white pulp only. Mix with water and lemon juice and let stand over night. Next morning boil together for five (5) minutes, strain through cheesecloth. Use one (1) tablespoon of this pectin to each pint of fruit juice. Make jelly same as when no extra pectin is used.

To Test for Pectin

To one (1) teaspoon hot fruit juice, add one (1) teaspoon of grain alcohol and stir slowly.

Wood or denatured alcohol may be used, but do not taste as it is poison.

If the juice forms heavy mass of gelatinous material it has lots of pectin. If only moderate amount, there will be less of this thick material. If very little pectin there will be just a few flakes or thick part. The juice must be boiled down or pectin added and measure for measure used.

To Test Fruit Juices for Pectin with Epsom Salts

Mix together 1 tablespoon hot fruit juice, 1 teaspoon sugar and ½ teaspoon epsom salts. Stir until salts is dissolved; let stand twenty (20) minutes. If the mixture forms a gelatinous mass or large flaky particles there is sufficient pectin to make jelly.

4-H Brand Preserves

6 lbs. sugar	6 qts. boiling water
6 qts. figs	4½ qts. water
1 c. baking soda	

Select firm, sound fruit, using all over-ripe or broken figs for jam. Sprinkle one cupful of baking soda over the selected figs and cover with 6 quarts of boiling water. Allow them to stand for 14 minutes, drain off soda solution, and rinse figs well in clear cold water, changing 3 times. Let figs drain while syrup is being prepared. Mix sugar and 4½ quarts of water, boil 10 minutes and skim. Add figs gradually so as not to cool the syrup.

Cook preserves in an enamel lined vessel over a hot fire as rapidly as possible in order to make the finished product clear and of good color. (A charcoal furnace has been found admirable for cooking fig preserves as it can be placed in a cool place and is not affected by a draught. The high heat cooks the product quickly.)

The fruit should be covered with the syrup during the entire cooking process to prevent the top fruit becoming dry and shrivelling before the finishing point is reached. Keep vessel covered or as nearly covered as possible to prevent boiling over. This keeps vessel filled with steam, plumps figs better, and eliminates the white air spaces so often seen in preserved figs.

Cook figs until they are clear and tender.

Completely cover vesel and leave over flame for about 5 minutes. Do not remove cover until product is cold. If this is done the figs will shrink. Place vessel in cold water to cool quickly.

Pack the figs cold in sterilized jars, having stems all the same length (about one-fourth inch) and placing figs so that all stems will be upward. Cook the syrup in which the figs have been standing to 224 degrees. Fill the jars to over-flowing, partially seal by giving top about two turns.

Process containers at simmering point (180° F.) for 20 minutes. (Centigrade density for packing syrup is about 55 degrees.) When processing is finished screw top down tight.—Annette Smith Breeden.

Fig Jam

Select ripe figs, remove all stems, treat them with scalding soda solution and rinse thoroughly as for preserving. Cook in quantities not larger than 3 lbs. at one time. Allow 1½ pounds of sugar to each 3 pounds of figs. Add barely enough water to start cooking. Crush figs thoroughly, heat to the boiling point and add sugar. Cook to 228 degrees F. Allow to cool to 180 degrees F. before packing. Pack and process like preserves.

Jam should be cooked rapidly in a porcelain lined vessel and stirred with a wooden paddle or spoon. Never stir rapidly or beat the mixture. Cook rapidly over a hot fire in order to retain the best flavor and bright color.

If figs are peeled by hand instead of soda bath, the product will be clearer and the price higher.

Amber Jelly

3 grapefruit
3 lemons
3 oranges

Cut into thin slices without peeling, and weigh. To each pound add 3 pints of cold water. Let it stand 24 hours. Then boil until rind is perfectly tender and again let it stand 24 hours. Then to each pound add one pound of sugar and cook until it jellies. Then put in jars.—Mrs. L. E. Baker.

Apple Butter

Put two cups of water in a deep vessel with a close cover. Into this cut a half peck of apples, skin cores and all; cover and boil rapidly until the apples are tender. Run through a potato ricer, measure and add as much sugar as apples; add one teaspoonful of cloves, boil three minutes. Seal in jars.—Mrs. John B. Mayo.

MENUS

Porch Breakfast

Cantaloupe filled with Sliced Peaches
Ready to Serve Cereal
Top Milk
Soft-Cooked Eggs
Toast
Orange Marmalade
Coffee

For serving this breakfast on the porch, chill the fruit overnight. The automatic electric egg cooker and toaster may be on a tea wagon at the hostess' side, with the coffee maker on the table. The egg cooker cooks 4 eggs at a time to preferred stages of doneness. It also poaches 2 eggs at a time.

Oven Dinner

Baked Sliced Ham with Apricots
Scalloped Potatoes   Corn on Cob
Cucumber Sticks in French Dressing
Creme Fromage

This whole meal can well be prepared in the morning ready for just-before-dinner cooking. Prepare the Baked Ham and Scalloped Potatoes ready for baking, using your favorite recipe for the latter. Husk the corn. Pare 2 cucumbers, split lengthwise in quarters, and remove seeds; then cut into thin lengthwise sticks and again crosswise into two-inch lengths. Place in ice water, and just before serving time marinate in well-seasoned French dressing. Make Creme Fromage. Place all these foods in the refrigerator until mealtime. Bake the ham and potatoes in a hot oven of 400° F. for 1½ hours.

An Easy Dinner

Broiled Bacon   Canned Spaghetti and Tomato Sauce
String Beans with Sauce
Lettuce Salad   Mayonnaise
Raspberries on Sponge Cake   Sabayon

For String Beans with Sauce, prepare string beans ready for cooking. In the hour before dinner cook them as directed. While the Spaghetti is heating, make salad and place in refrigerator. Make Sabayon Sauce, using 1 tsp. vanilla in place of the wine flavoring or lemon juice. Arrange sweetened and slightly crushed berries on rounds of packaged sponge cake, and all is in readiness for the dessert course. Now cook the bacon, and dinner is ready to serve!

"Waterless" Cooker Meal

(Cooking time, 45 minutes)

Tomato Juice
Brown Chicken Fricassee
Tiny New Potatoes   Diced Summer Squash on Toast
Pear and Ginger Salad

Cut two 1¾-lb. broilers in pieces for serving; then clean, wash, and dry. Roll in ½ c. flour which has been mixed with 1 tsp. salt and ⅛ tsp. pepper. Sauté in ½ c. fat in the bottom of "waterless" cooker without the base until a golden brown. Arrange 1½ lbs. small scraped new potatoes among the pieces of chicken. Add 2 c. boiling water and 1 tsp. salt. Place the 3 lbs. of summer squash, pared and diced, with 1 tsp. salt in two half inset pans on the rack above. Clamp on cover, place the cooker on its base, and place over high heat until steam issues from the vent. Then turn heat down about halfway with a gas or oil range or to "low" with an electric range and cook 45 min. In serving the squash, add butter and arrange on toast. Meanwhile prepare rest of dinner. Serves 6.

Picnic by the Fire

Broiled Steaks with Barbecue Sauce in Rolls
Corn on Cob   Dill-Pickle Slices
Fruit   Fairy Gingerbread
Coffee or Cocoa in Vacuum Bottles

The steaks may be thin ones cut in individual pieces to be cooked on sticks over the glowing coals, or a thicker steak may be broiled over a folding rack with legs. Carry the Barbecue Sauce in a glass jar and spread on the individual steaks after they are placed in the rolls, or on the thick steak during the time or after it broils. Cook the corn in a covered kettle of boiling water. The Fairy Gingerbread is made at home.

A Forehanded Dinner

Cold Baked Ham Loaf
Succotash
Lettuce Salad with Cheese Dressing
Jellied Cherry Tarts Iced Coffee

Make and bake the Ham Loaf early in the morning or mix it and place in a loaf pan ready to bake the hour before dinner. The Succotash—made of equal parts of cooked or canned whole-grain corn with cooked or canned string beans, lima beans, or fresh cooked shell beans, seasoned with salt, pepper, butter, and top milk—may also be cooked ahead of time and reheated in a double boiler. The tart shells for Jellied Cherry Tarts can be baked in the morning after the Meat Loaf is done, and the fillings for these can be made at the same time.

Porch Supper

Salad of Sliced Pineapple, Raspberries, and Oranges
Cream French Dressing
Toasted Cheese Sandwiches, New Style
Peppermint Ice Cream Hot Fudge Sauce
Iced Tea

For the salad, place chilled slices of fresh or drained canned pineapple on six individual beds of lettuce, and arrange orange sections and red raspberies on top. Serve with Cream French Dressing made by gradually adding 5 tbsp. French dressing to ½ c. heavy cream whipped. Prepare the filling for the Toasted Cheese Sandwiches, New Style, and Peppermint Ice Cream early in the day. The Cheese Sandwiches are toasted on a sandwich toaster at the table.

An After-Golf Dinner

Canned Celery Soup
Molded Chicken Saratoga Chips
Broiled Tomatoes with French Dressing
Honeydew Melon with Lime Juice
Iced Coffee

This is such an easy dinner to serve, when you have been away from home all day, or for the afternoon. The Molded Chicken should be prepared the day before and chilled along with the fruit overnight. The only last-minute cooking to be done is the broiling of the tomatoes and the heating of the canned soup. It the Saratoga Chips, bought in packages need crisping, heat them in the oven while the tomatoes are broiling.

Motor Picnic

Baked Beans with Frankfurters
Boston Brown Bread and Butter Sandwiches
Sliced Tomatoes and Cucumbers
Banbury Tarts Coffee

Prepare Baked Beans with Frankfurters as follows: Sauté in a large skillet 1½ c. minced onions and 3 minced, seeded green peppers in ½ c. fat until tender and golden-brown in color. Add 2 1-lb-9-oz.

cans baked beans and 1 lb. frankfurters cut in ½-inch slices. Cover and cook slowly for 30 minutes; then turn into a vacuum jar or jug. The tomatoes may be cut in eighths and carried to the picnic in a glass jar along with the sliced cucumbers and French dressing. Or they may be sliced after your destination has been reached. For Banbury Tarts, cut but do not remove from the pan, and their flaky crust will survive the trip in perfect condition.

Garden Tea

Anchovy and Cream-Cheese Sandwiches
Deviled Ham and Pickle Whole-Wheat Sandwiches
Open Cucumber and Radish Sandwiches
Raspberry Sherbet
Vanilla Wafers — Tea-Time Sponge Cakes
Lime Ginger Ale — Hot Tea

Make Raspberry Sherbet and Vanilla Wafers early in the day. For Anchovy and Cream-Cheese Sandwich filling mix 1 3-oz. pkg. cream cheese with 1 tbsp. anchovy paste and 1 tsp. minced onion. Cucumber and Radish Sandwiches may be of the open or closed variety; for open ones spread 2-inch rounds of white bread with mayonnaise, then arrange a thin slice of cucumber in the center and overlap thin slices of radish around the edge. Make Tea-Time Sponge Cakes early in the morning. Fill as directed.

Bridge Luncheon

Salmon Soufflé — Peas
Celery in Mustard Horseradish Sauce
Blackberry Muffins
Coffee Ice Cream

Make the Coffee Ice Cream early in the day or the night before. The Salmon Soufflé can be prepared up to the point of adding the beaten egg whites, early in the day. For Celery in Mustard Horseradish Sauce, cut 1 bunch chilled celery in match-size sticks and mix with 2 tbsp. prepared mustard and 4 tbsp. prepared horseradish. In making Blackberry Muffins fill greased muffin pans half full of standard muffin batter (prepared biscuit flour can be used), then add 5 fresh blackberries washed and drained. Top with 1 tsp. muffin batter and bake 25 minutes in a hot oven of 425° F.

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